Tips for Parents

Hand-Washing for Kids



Hand-washing is one of the best ways to kill germs like viruses that can make people

sick. Teach your child these 5 easy steps for good handwashing. And remind them to wash their hands after they use the bathroom, before they eat, and after they cough or sneeze.

Be a germ fighter! Here's how:

Wet

Turn on the water and get your hands wet.

Soap

Get some soap on your hands, and rub them together to make suds. Get suds on the backs of your hands, between your fingers, and under your nails.

Scrub

Keep rubbing your hands together for at least 20 seconds. You can sing or hum the "Happy Birthday" song two times.

Rinse



3 ARRA



HW 031820-version1

© 1995-2020 Healthwise, Incorporated. Healthwise, Healthwise for every health decision, and the Healthwise logo are trademarks of Healthwise, Incorporated. This information does not replace the advice of a doctor. Healthwise, Incorporated, disclaims any warranty or liability for your use of this information.

