**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.

