Washing your hands is important! It keeps you from getting sick.

1. Wet your hands
2. Use lots of soap
3. Sing the ABCs while you wash
4. Rinse your hands with warm water
5. Dry your hands

When to wash your hands:
- Before and after you eat
- After you cough, sneeze or use the bathroom
- Before you touch your eyes, nose or mouth
- After you touch dirty tissues or when your hands are dirty

Santa Clara County Public Health