

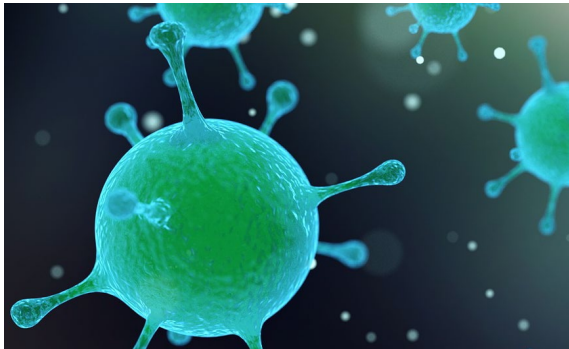


## Washing My Hands

I need to keep my hands clean. It is important to wash my hands.



If I do not wash my hands, I may spread germs.



Germs can make me sick. Germs can make my family and friends sick.



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Here's how to wash my hands:

- Turn on the water
- Get water all over my hands



- Put soap on my hands



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- Rub my hands together under the water
- Scrub my hands all over, including my fingertips



- Count to 20 or sing Happy Birthday while washing my hands



- Turn off the water
- Dry my hands with a towel





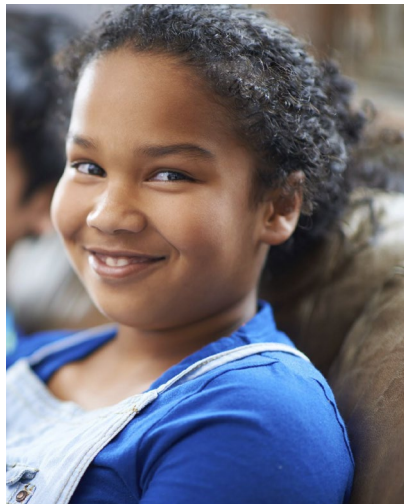
I can also use hand sanitizer to clean my hands.



I need to try to keep my hands clean.

Washing my hands will keep me healthy and safe.

Washing my hands will keep my family and friends healthy and safe.



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