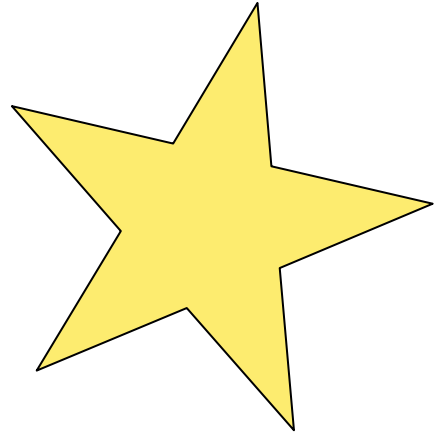
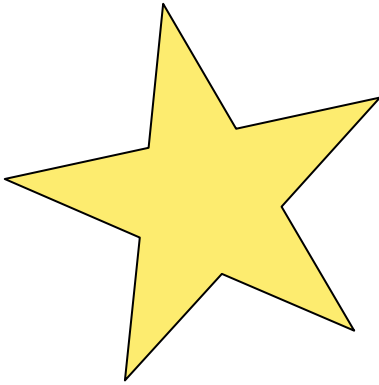




How to wash your hands

1. Wet hands.
2. Apply soap.
 - *Water alone does not get rid of germs.*
 - *Use plain soap. Do not use antibacterial soap.*
3. Rub your hands together for at least 20 seconds or the time it takes to sing Twinkle Twinkle Little Star.
4. Rinse your hands for 10 seconds.
5. Dry your hands with a towel.



Twinkle, twinkle little star,
Look how clean my two hands are,
Soap and water, wash and scrub
Get those germs off rub-a-dub,
Twinkle, twinkle little star,
Look how clean my two hands are.

