

# HAND WASHING CHECKLIST

**Be a hygiene hero!** Clean hands help protect you and your friends.



**Wash hands with  
soap and water**



**Rub your palms  
together with soap**



**Clean between  
your fingers**



**Don't forget to wash  
your thumbs**



**Include the back  
of your hands**



**Your wrists need  
cleaning, too!**