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 hand-washing. 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:

1. **Wet**
   - Turn on the water and get your hands wet.

2. **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.

3. **Scrub**
   - Keep rubbing your hands together for at least 20 seconds. You can sing or hum the “Happy Birthday” song two times.

4. **Rinse**
   - Hold your hands under running water to wash off all the soap.

5. **Dry**
   - Dry your hands on a clean towel or air dry. All done!