

Tips for Parents Handwashing for Kids



Handwashing is one of the best ways to kill germs like viruses that can make people sick. Teach your child the 5 easy steps for good handwashing. And remind them to wash their hands after they use the washroom, before they eat, and after they cough or sneeze.

If you like, you can print this and post it by your bathroom sink.

Wet

Wet your hands under clean, running water (warm or cold).



Lather

Apply soap. Rub your hands together to make suds.

Lather up the backs of your hands, between your fingers, and under your nails.



Scrub

Keep rubbing your hands together for at least 20 seconds. You can sing or hum the “Happy birthday” song two times.



Rinse

Hold your hands under running water to wash off all the soap.



Dry

Dry your hands on a clean towel or use an air dryer. All done!

