DON’T FORGET TO WASH YOUR HANDS!

Handwashing is more important than ever right now because it helps stop the coronavirus from spreading. Here’s how to do it right!

1. **Wet your hands.**

2. **Get soap and rub your hands together.**

3. **Scrub for between your under your nails.**

4. **Rinse well.**

5. **Dry hands with a paper towel.**

**WHEN TO WASH**

- **WASH YOUR HANDS BEFORE AND AFTER:** you take off your face mask • you eat a meal
- **ALSO WASH AFTER:** you arrive at school • you blow your nose, sneeze, or cough • you use the bathroom • you come in from playing outside