

Interactive Experiment: **The Importance of Handwashing** Worksheet 2

Washing your hands helps you stay healthy and keep bad germs off your hands. Always use soap and water, and wash your hands a lot, especially right before you eat. Follow the instructions below to learn the best way to wash your hands.



1 Wet hands under running water.



2 Add soap to hands.



3 Rub hands palm to palm.



4 Rub right palm over top of left hand with interlaced fingers. Repeat with left palm over top of right hand.



5 Rub palms together with fingers interlaced.



6 Rub backs of fingers to opposing palms with fingers interlocked.



7 Rub the soap into your left thumb with your right hand, then switch and rub soap into your right thumb with your left hand.



8 Rub your fingertips into your palms to clean under your fingernails. Repeat with each hand.



9 Rinse hands thoroughly with running water.



10 Dry with clean paper towels. Turn water off using towel.

Washing your hands properly takes about as long as singing "Happy Birthday" twice

