



## No Bacteria On My Hands Guide

Step 1: Wet your hands with warm water.

Step 2: Add soap to your hands.

Step 3: Rub your hands together, between fingers, under fingernails and on top of your hands (firmly like you have an itch!) for as long as it takes to sing the ABC song (20 seconds).

Step 4: Rinse all the soap off your hands with warm water.

Step 5: Dry both your hands with a towel.

Step 6: Throw your towel away in the garbage.

