

BABY SHARK'S HAND WASHING TIPS!

Washing your hands keeps you and the people around you healthy!
Be sure to follow these tips:

WASH

your hands often!
Especially before eating
food, after using the
bathroom, and after
you blow your nose,
cough, or sneeze.

SCRUB

your hands for at least
twenty seconds. Need
a timer? Sing three
verses of Baby Shark!

LATHER

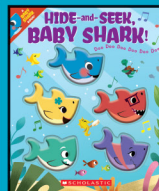
your hands and wrists
with soap, and don't
forget to wash between
your fingers and under
your nails.

DRY

your hands with a
clean towel!

Washing your
hands with soap
and water is always
best. But you can use
an alcohol-based **HAND
SANITIZER** if soap
and water aren't
available!

Tips adapted from cdc.gov



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