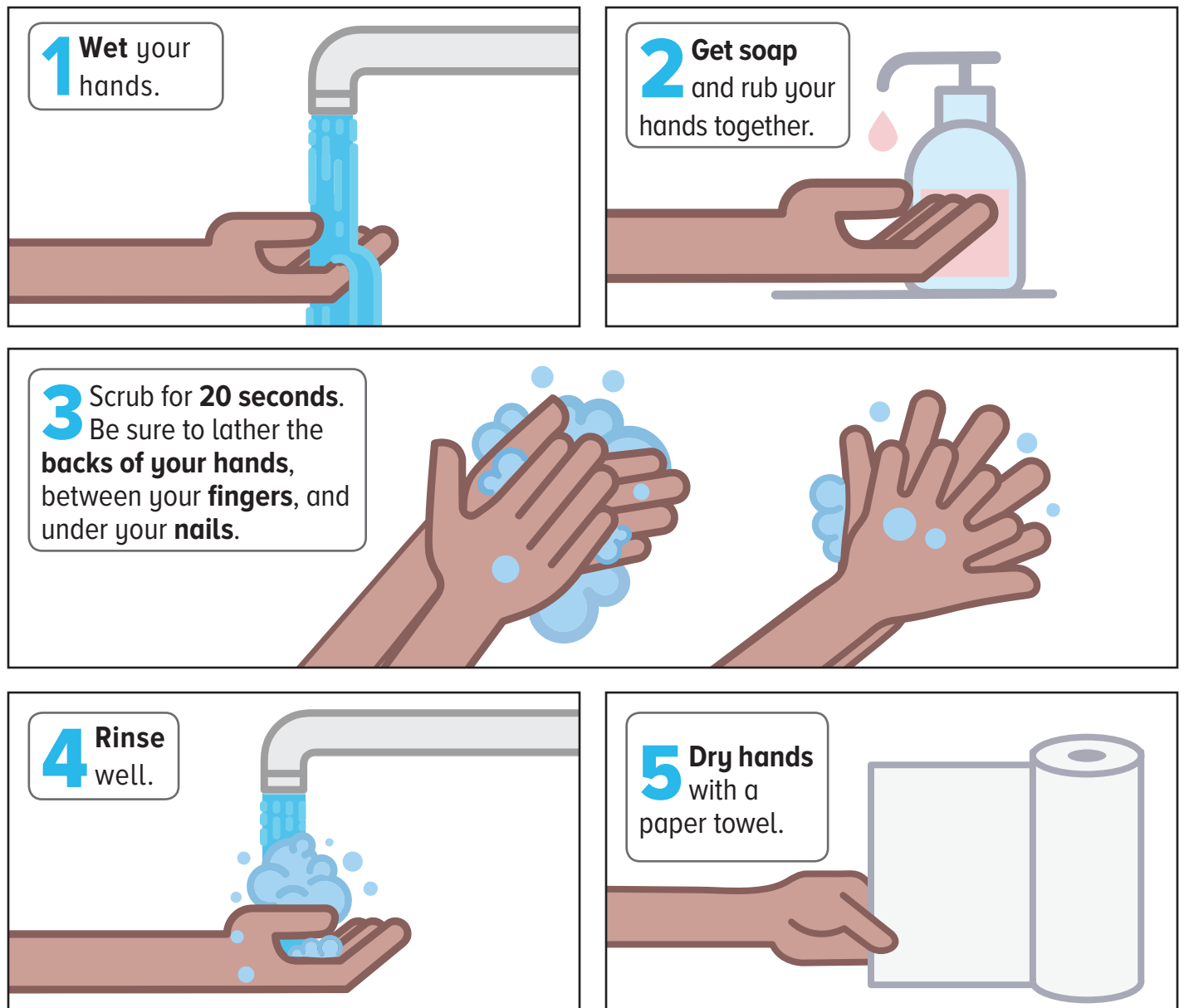# DON'T FORGET TO WASH YOUR HANDS!

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 **20 seconds**. Be sure to lather the **backs of your hands**, between your **fingers**, and 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