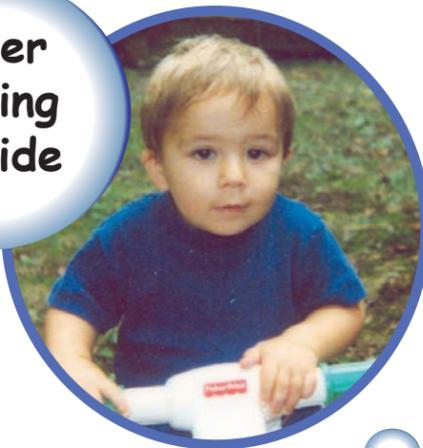
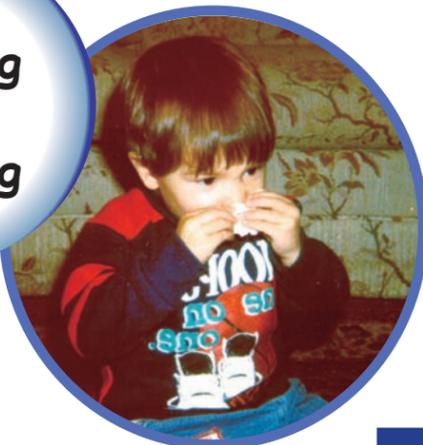


After playing outside



After touching animals

After coughing and sneezing



# Be a Good Hand Washer

After using the bathroom



Before eating



Good handwashing takes 20 seconds, or the time it takes to sing one verse of "Old MacDonald Had a Farm."

## E-I-E-I-OOO!



Wash with soap and warm water



Sing for + 20 seconds +



Rinse +



Dry



The Soap and Detergent Association  
www.cleaning101.com



www.health.state.ny.us