



# Handwashing

*Illnesses can spread when people don't wash their hands. In schools, this can lower attendance and hurt student performance.*

## What to do

### Wash your hands effectively

1. Wet your hands.
  2. Apply soap.
  3. Wash your hands for 20 seconds.
  4. Rinse well.
  5. Dry your hands.
  6. Turn off the water with a paper towel.
- \*Don't forget to wash between your fingers, under your nails, and the top of your hands.

### Teach healthy behaviors

- Build in handwashing breaks before and after meals and bathroom visits, whether at home or at school.
- Stay home when you are sick.

