

|                                 |                                 |               |                             |                      |
|---------------------------------|---------------------------------|---------------|-----------------------------|----------------------|
| <b>B</b>                        | <b>I</b>                        | <b>N</b>      | <b>G</b>                    | <b>O</b>             |
| water                           | 20<br>seconds                   | easy to<br>do | soap                        | protect<br>yourself  |
| between<br>your<br>fingers      | wash<br>hands<br>often          | rinse         | after the<br>bathroom       | under<br>fingernails |
| wet your<br>hands               | backs of<br>hands               | <b>FREE</b>   | keep your<br>hands<br>clean | paper<br>towel       |
| turn off<br>water with<br>towel | prevent<br>getting<br>sick      | scrub         | germs                       | remove<br>germs      |
| before<br>you eat               | throw<br>away<br>paper<br>towel | clean         | wrists                      | dry your<br>hands    |

|                       |             |                    |                           |                      |
|-----------------------|-------------|--------------------|---------------------------|----------------------|
| <b>B</b>              | <b>I</b>    | <b>N</b>           | <b>G</b>                  | <b>O</b>             |
| wet your hands        | wrists      | after the bathroom | prevent getting sick      | between your fingers |
| soap                  | paper towel | easy to do         | remove germs              | backs of hands       |
| keep your hands clean | 20 seconds  | <b>FREE</b>        | germs                     | scrub                |
| dry your hands        | water       | clean              | turn off water with towel | before you eat       |
| protect yourself      | handwashing | under fingernails  | rinse                     | wash hands often     |

|                                 |                       |                   |                             |                   |
|---------------------------------|-----------------------|-------------------|-----------------------------|-------------------|
| <b>B</b>                        | <b>I</b>              | <b>N</b>          | <b>G</b>                    | <b>O</b>          |
| turn off<br>water with<br>towel | germs                 | wet your<br>hands | dry your<br>hands           | soap              |
| throw<br>away<br>paper<br>towel | under<br>fingernails  | wrists            | prevent<br>getting<br>sick  | backs of<br>hands |
| scrub                           | after the<br>bathroom | <b>FREE</b>       | keep your<br>hands<br>clean | easy to<br>do     |
| handwashing                     | protect<br>yourself   | before<br>you eat | 20<br>seconds               | water             |
| wash<br>hands<br>often          | rinse                 | paper<br>towel    | remove<br>germs             | clean             |