1. Wet your hands under clean, running water.

2. Get your hands soapy.

3. Rub your soapy hands together while singing the Happy Birthday song twice.

4. Rinse your hands under clean, running water.

5. Dry your hands with a clean towel or air dryer.

- After you use the toilet.
- Before you eat food or snacks.
- After you cough or sneeze.