



HEALTHY *Habits*

Presented by LYSOL® in collaboration with NEA and National PTA

WHAT IT TAKES TO PROTECT™

CLEAN HANDS are *Cool!*



Follow the steps to clean hands!

STEP 1

STEP 1
Wet hands

Use warm water

Remember to get between your fingers, around your thumbs and in the hard-to-reach places where germs hide!

STEP 2
Soap it up

STEP 3
Scrub, scrub, scrub!

Rub hands for 20 seconds
Hint: sing "Happy Birthday" twice OR the "ABCs"



STEP 5
Dry off

Use a paper towel

STEP 4
Rinse well

FINISH

Great work! You followed the steps to clean hands!

