Handwashing Steps Poster

Ages 3–10 · Name: _____

Wash your hands like this

Steps based on the CDC's handwashing guidance. Hang this at your child's eye level near the sink.

Grown-ups: read each step aloud and act it out; children can draw a picture next to each step.

1

1. Wet
Wet your hands with clean, running water. Turn off the tap. Put on soap.

2

2. Lather
Rub your hands to make bubbles. Get the backs, between your fingers, and under your nails.

3

3. Scrub
Keep scrubbing for at least 20 seconds. Hum "Happy Birthday" two times.

4

4. Rinse
Rinse under clean, running water until the bubbles are gone.

5

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

Draw yourself washing your hands

When do I wash my hands?

- [ ] Before I help cook, and after
- [ ] Before I eat
- [ ] After I use the toilet
- [ ] After I blow my nose, cough or sneeze
- [ ] After I touch a pet, pet food or pet poop

- [ ] After I touch garbage
- [ ] After I play outside and my hands are dirty

For grown-ups: Soap and water is best. If you can't wash, use hand sanitizer with at least 60% alcohol, and supervise young children so they don't swallow it. Sanitizer may not work well on visibly dirty or greasy hands (CDC).

---

chefsolus.com · Original educational printable. Free to copy for non-commercial classroom and home use.