

# PUT THOSE GERMS WHERE THEY BELONG... DOWN THE DRAIN!



Wash your hands every day  
Before you eat and after you play  
Scrub those hands to kill those germs  
You need to be healthy to grow and learn  
Teach your friends to wash up, too  
They'll stay healthy and so will you!

# What's On Your Hands?



Washing your hands can prevent over 200 illnesses. Make sure you're washing your hands correctly by following these steps:

1. Wet hands with clean, running water and apply soap.
2. Rub hands together to make the soap lather. Don't forget to scrub the backs of hands, between fingers, and under your fingernails.
3. Continue scrubbing for at least 20 seconds.
4. Rinse hands well under running water.
5. Dry hands using a clean towel or air dry.



RICH WITH THE PUBLIC'S HEALTH  
**BEAUMONT**  
T • E • X • A • S

