



**SOMETIMES  
WE ALL NEED  
A LITTLE EXTRA  
ME TIME.**

**JUST BE SURE TO WORK IN ABOUT  
20 SECONDS OF HAND WASHING TIME, TOO.**

Proper handwashing helps prevent the spread of diseases like the flu and E. coli, and it only takes 20 seconds to do it right!

- 1. Get your hands wet**, then turn off the faucet.
- 2. Scrub with soap for 20 seconds.** It's worth it to avoid weeks of illness! Don't forget to clean between your fingers, under your nails and the backs of your hands.
- 3. Rinse** with the water running.
- 4. Dry off** with a clean towel or shake your hands dry.

**Did you know?**

Washing without soap leaves lots of germs behind.

Bathroom germs aren't the kind you want hanging out on your hands!

**FIND OUT MORE AT [PROJECTWET.ORG/CLEANHANDSCLUB](http://PROJECTWET.ORG/CLEANHANDSCLUB)**