



Building Blocks of Healthy Child Care

## Building Blocks of Clean

Small habits, like frequent handwashing, can make the biggest difference in keeping us safe and healthy. Adopting proper handwashing habits early on helps to cement healthy practices as children grow and can protect them from getting sick.

**Here's the best way to get rid of those germs!**



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap, scrubbing the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds.

(Tip: Hum the "Happy Birthday" song twice.)



**Rinse** your hands thoroughly under running water.



**Dry** with a clean towel or air dryer.

### Key Moments



Before eating



After using the bathroom



After blowing your nose, coughing or sneezing



Anytime your hands are dirty



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Sources:  
[cleaninginstitute.org/cleaning-tips/clean-hands](https://cleaninginstitute.org/cleaning-tips/clean-hands)