

Washing My Hands

Sometimes, my hands get dirty. My hands touch items with germs all day long. My hands touch doorknobs and pencils and many other things that have germs. I can't see or feel the germs on my hands. That's because germs are very, very tiny. Even though I can't see germs, soap and water sends them away.

This is a list of steps people follow when they wash their hands:

- Go to the sink.
- Turn the water on.
- Get hands wet.
- Put soap on hands.
- Rub hands together.
- Rinse hands with water.
- Turn the water off.
- Dry hands.



Washing my hands is a healthy habit. I will try to follow these steps to wash my hands. ■