

WASH YOUR HANDS

Wash your hands after using the bathroom, before eating, after playing outside, and after coughing, sneezing or blowing your nose. It only takes 20 seconds and keeps germs from spreading!

1. WET



2. SOAP



3. SCRUB FOR 20



4. RINSE



5. DRY



To learn more, go to [redcross.org/pedro](https://www.redcross.org/pedro)

**Prepare
with Pedro!**



**American
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