



Handwashing Visual Procedures (English and Spanish)

Handwashing is one of the simplest and most important ways to keep ourselves, our families and our communities safe during the COVID-19 outbreak. These visual procedures remind children how to properly wash their hands.

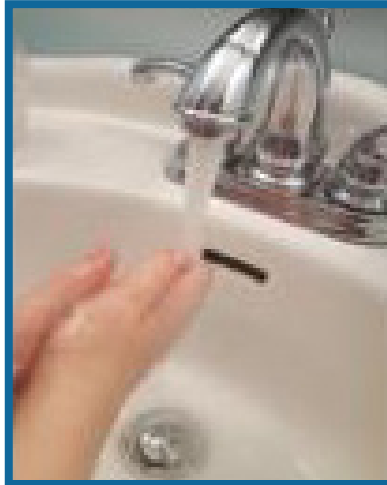
Young children's brains record information in pictures, so visual instructions are far more helpful than verbal or written instructions. In addition, visual procedures prevent the frustration of repeating the same directions multiple times.

Available in both English and Spanish, this printable resource provides step-by-step visual instructions for proper, effective handwashing. Remind your child that washing their hands is an important way to keep themselves, your family and their community safe and healthy.

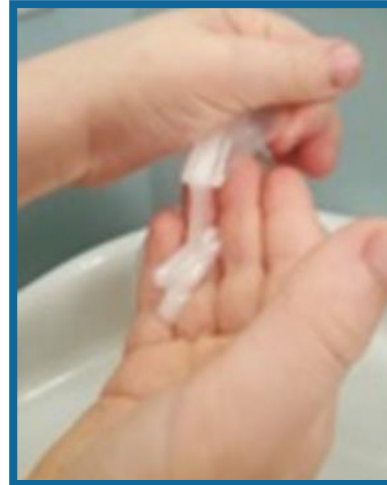
HANDWASHING VISUAL



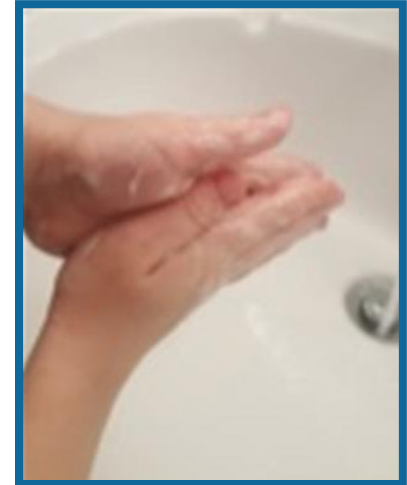
1. Turn on warm water.
Use towel if possible.



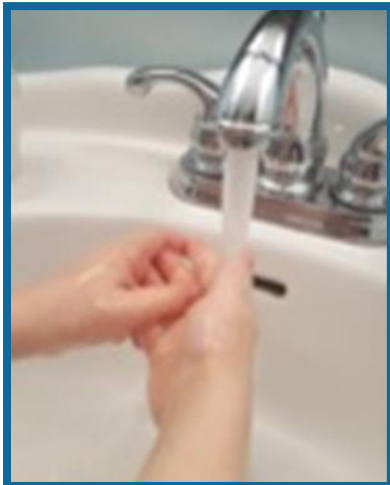
2. Wet hands with water.



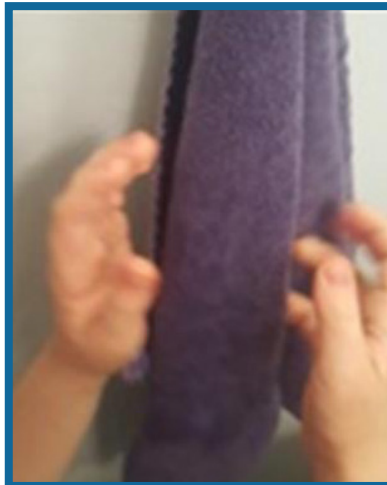
3. Apply liquid soap. Use
wrist or back of hand
if possible.



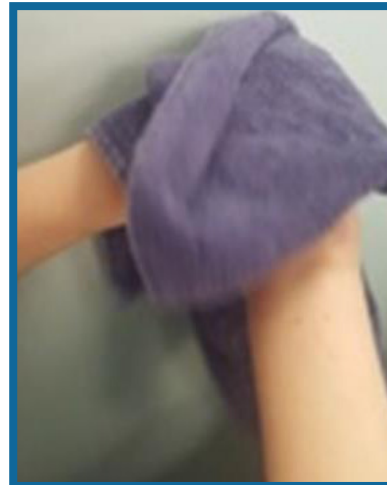
4. Wash for at least 20
seconds. Rub top and
inside of hands, under
nails and between
fingers.



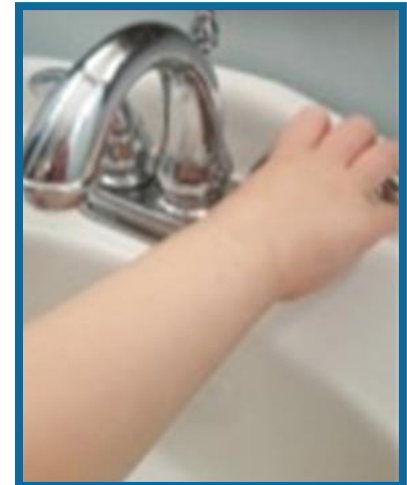
5. Rinse hands under running
water for at least 10 seconds.



6. Find your own towel or a
clean, disposable paper
towel.



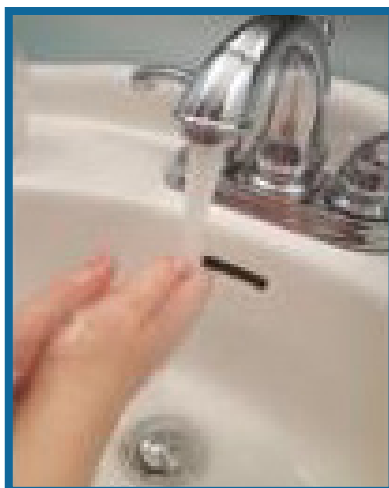
7. Dry hands with your own
towel or a disposable paper
towel.



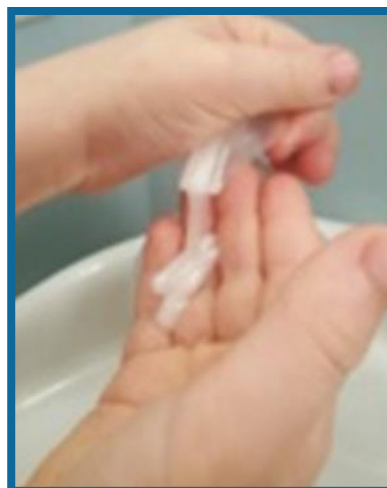
8. Turn off water, ideally with
your towel.



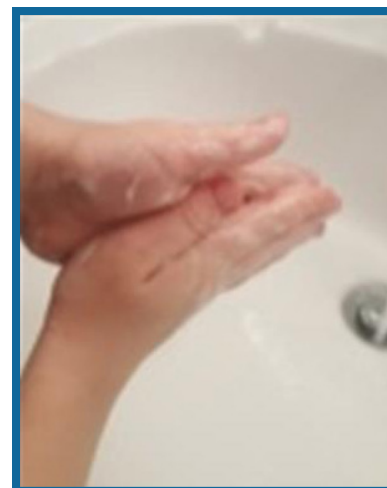
1. Abre la llave de agua caliente.



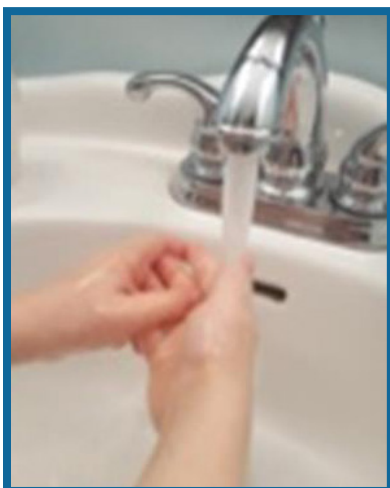
2. Mójese las manos con agua.



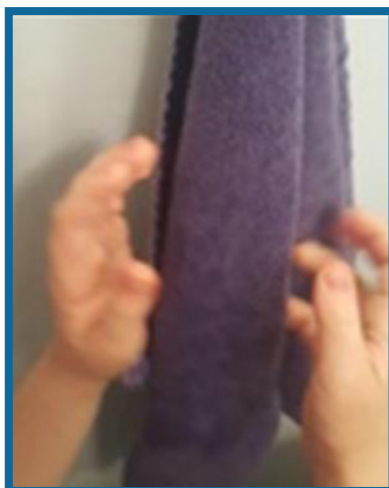
3. Aplíquese jabón líquido.



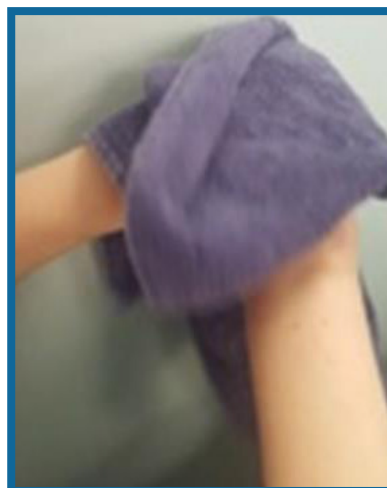
4. Lávese las manos por 20 segundos. Frote la parte de arriba y la parte de adentro de las manos, debajo de las uñas y entre los dedos.



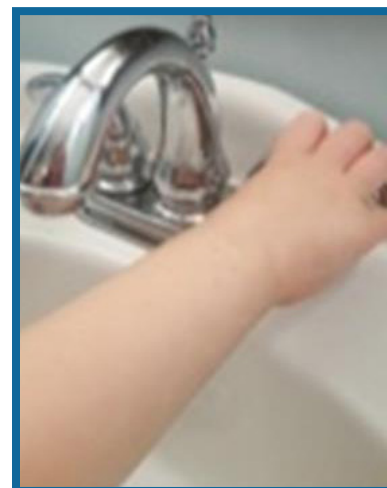
5. Enjuáguese las manos bajo el agua por lo menos 10 segundos.



6. Consiga su propia toalla o un arrastre de papel.



7. Séquese las manos con su propia toalla o toalla de papel limpia.



8. Deseche el agua con una toalla propia o un toalla de papel.