



Hand Washing

Directions:

- Think about washing your hands.
- Answer the questions by putting an “X” in the column that tells how often you do the action.

Do you...			
	Always	Sometimes	Never
Do you <u>g</u> et your hands wet with running water?			
Do you <u>e</u> nergetically use soap and rub your hands together for 18 to 20 seconds?			
Do you <u>r</u> inse and let the water drip into the sink?			
Do you <u>m</u> ake sure you dry your hands on an individual towel or paper towel?			
Do you <u>s</u> hut off the faucet with the used paper towel and use it to open the door; then, throw the towel away?			