



# Become Head of the Class in Hand Washing



Washing your hands often is a great way to stop the spread of germs in your school. Here's how you can **Make The Grade**.

- Step 1:** Wash your hands with soap & warm water for at least 20 seconds (that's as long as singing the Happy Birthday song twice)
- Step 2:** Dry your hands with a paper towel
- Step 3:** Use the paper towel to turn off the faucet and then throw the towel away



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

Protect yourself and your school from getting sick. Visit:  
**MOMakeTheGrade.com**