Encourage your kids to become **HAND-WASHING SUPERHEROES!**

**SING THE ABCs.** Wash hands regularly, with soap and warm water*, for at least 20 seconds while singing the ABCs.

**BE SURE TO WASH YOUR HANDS**

- After using the bathroom, sneezing, coughing or blowing your nose
- Before eating meals or snacks
- Immediately after coming inside from playing outdoors

**KIDS WHO BALK.** If your child is refusing to wash their hands, it might help to give them a small reward, such as the Hand-washing Superhero Badge.

Mark a star for each day your child practices great hand-washing skills.

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*If soap and water are not available, the next best option is hand sanitizer.