

# Healthy Schools, Healthy People...



## Everything You Need to Know About Handwashing You Probably Learned in Preschool

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.

**Remember:** If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

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School Network for Absenteeism Prevention

**It's A SNAP**

## School-Wide Hand Hygiene Education Program for K-12

When Students Teach Students...  
It's a SNAP!

**S:** Student-driven handwashing campaigns

**N:** National education effort to promote good health

**A:** Award incentives for your school community

**P:** Prevent absenteeism and keep students in class and learning



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