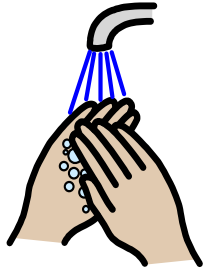


Washing your hands

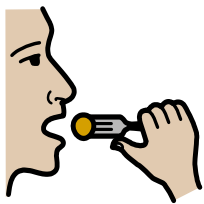


Wash your hands
lots. It helps keep
germs away.

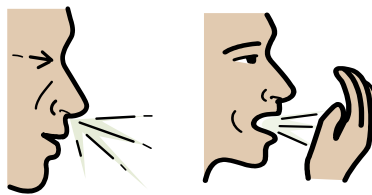


This helps keep us
healthy.

Wash your hands:



before and after
eating



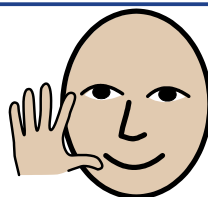
after you
sneeze or cough



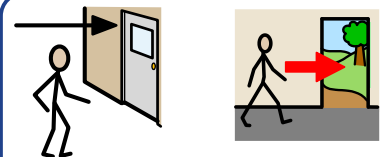
after going to
the toilet



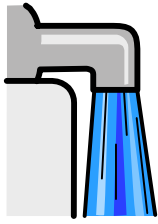
after you blow
your nose



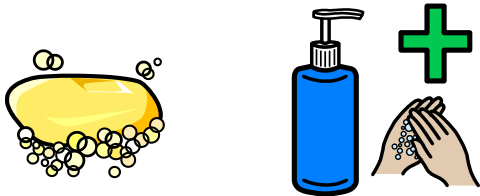
after touching
your face



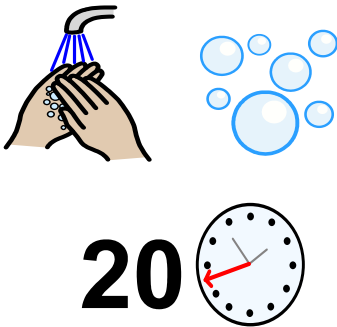
when you arrive
or leave
somewhere



Turn on the tap.



Rub soap or
handwash on your
hands.



Wash your hands for
20 seconds. Make
lots of bubbles!



Wash off the
bubbles.



Dry your hands.