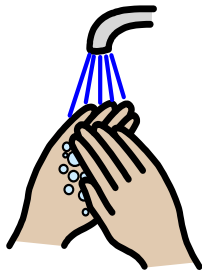


# Washing your hands

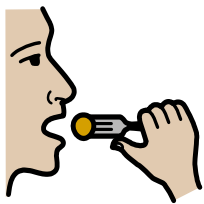


Wash your hands lots. It helps keep germs away.

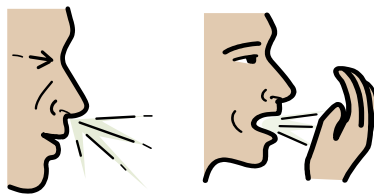


This helps keep us healthy.

## Wash your hands:



before and after eating



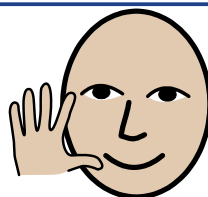
after you sneeze or cough



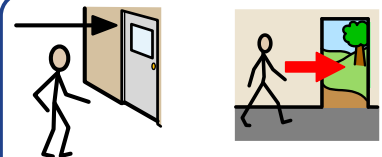
after going to the toilet



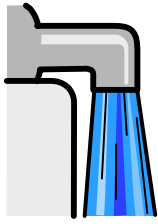
after you blow your nose



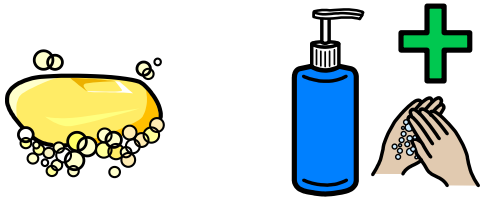
after touching your face



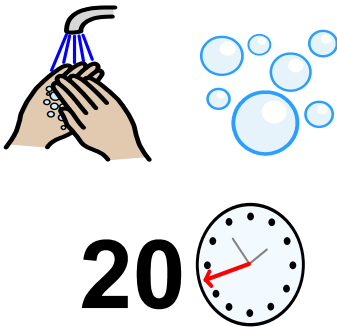
when you arrive or leave somewhere



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.