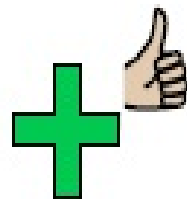


## Washing your hands

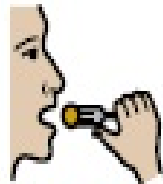


Wash your hands  
lots. It helps keep  
germs away.

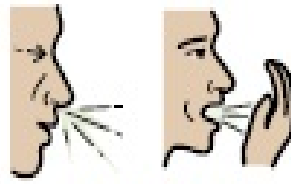


This helps keep us  
healthy.

## Wash your hands:



before and after  
eating



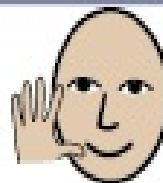
after you  
sneeze or cough



after going to  
the toilet



after you blow  
your nose



after touching  
your face



when you arrive  
or leave  
somewhere



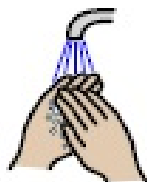
Turn on the tap.



Rub soap or  
handwash on your  
hands.



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



Wash off the  
bubbles.



Dry your hands.