

Washing my hands



It is important to wash my hands



Washing my hands will help keep them clean of germs

Germs can make people sick



Germs can live on our hands
You can not always see germs

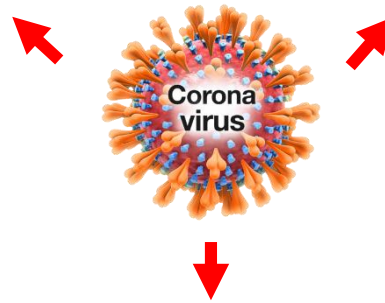


Germs can spread.

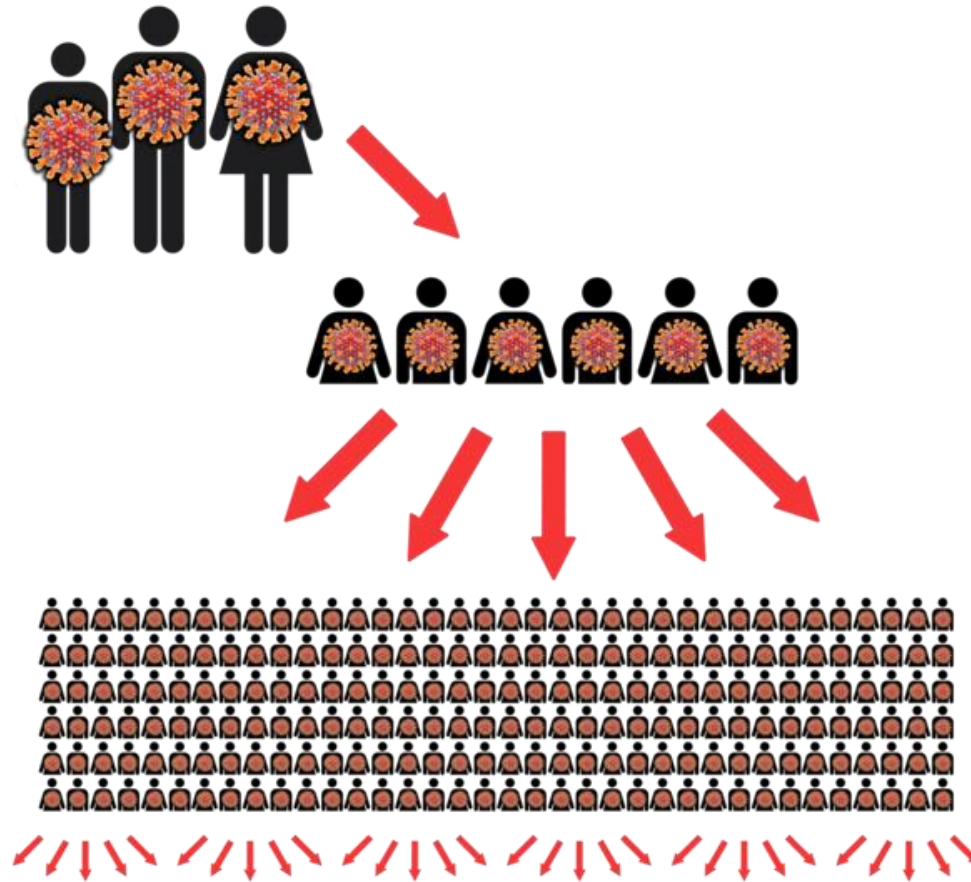
Germs can go into our body when we touch our nose, eyes or mouth.

We can pass germs to other people by touching them.

we can leave germs when we touch things like toilet handles.



Washing my hands can help to stop the spread of germs
And keep people safe



I should wash my hands
if they look dirty



I should wash my hands
after I use the toilet



I should wash my hands
before I eat



I should wash my hands after
I sneeze, cough or blow my nose



I should wash my hands
when I come inside



I will try to wash my hands



If they are dirty



After I use the toilet



Before eating



After sneezing, coughing or blowing my nose.



When I come inside

I should use plenty of soap

I should rub my hands together for 20 seconds

I should rub the front and back of my hands and in-between my fingers.

I should rinse my hands in water

I should dry hands with paper towel or hand dryer





Washing my hands will help stop germs and keep people safe.