

How to Wash Your Hands



1

Wet your hands.



2

Use soap.



3

Wash your palms and your fingers.



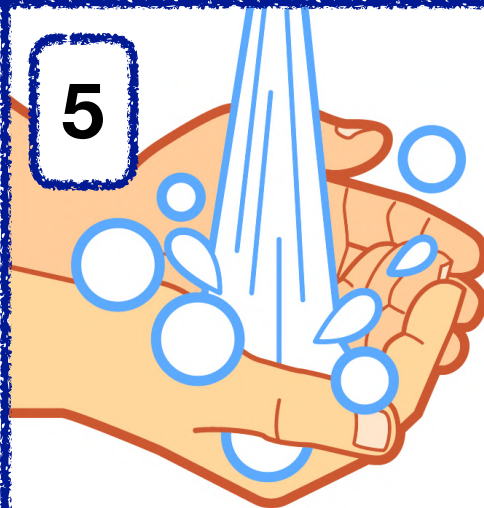
4

Wash the backs of your hands and your thumbs.



5

Wash away the soap.



6

Dry your hands.



How to Wash Your Hands



1

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How to Wash Your Hands



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How to Wash Your Hands



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How to Wash Your Hands



1

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Wash Your Hands...

When you have
used the toilet.



Before eating.



Before handling food.



After touching
animals.



Before and after
treating a cut.

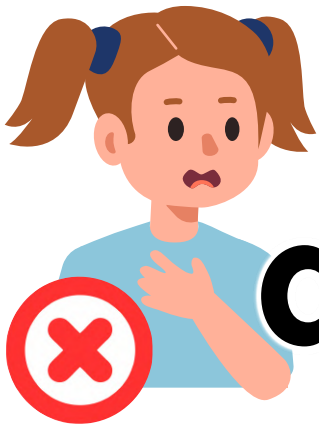


After blowing your
nose, sneezing or
coughing.



Have YOU washed your hands?





Coughs and Sneezes



Colds are spread by germs from coughs and sneezes. These germs can live on hands and surfaces for 24 hours.



If you need to cough or sneeze, use a tissue to trap the germs and throw it into the bin as soon as possible.

If you don't have a tissue, cough or sneeze into your elbow, NOT into your hand.



Try not to touch your eyes or nose as viruses can infect the body there.

Washing Your Hands

Your hands may look clean, but are they actually clean? We carry over 3,000 _____ on our hands and these can be easily spread when we touch other people or when we _____ things that others have handled.



Washing our hands is an easy way of protecting ourselves (and each other) from _____. This is because the dirt, viruses and bacteria are removed from our hands when we wash them thoroughly. This helps to stop the spread of illnesses such as food _____, flu or diarrhoea.



How to wash your hands

1. Wet your hands with water.
2. Use enough _____ to cover your hands.
3. _____ your hands together, in between your fingers and around your _____.
4. Wash the backs of your hands and around your thumbs too.
5. Rinse your hands to remove the soap.
6. _____ your hands.

It should take at least 20 seconds to wash your hands. This is about the same amount of time as it takes to sing 'Happy _____' twice.

When to wash your hands

It is important to wash your hands:

- when you have used the _____,
- before _____,
- before handling food,
- after touching animals,
- before and after treating a cut in your skin,
- after blowing your _____, coughing or sneezing.



Help to keep yourself and others safe from illness by remembering when and how to wash your hands!

eating	poisoning	soap	nose
touch	rub	dry	illnesses
birthday	fingernails	bacteria	toilet

Washing Your Hands

Your hands may look clean, but are they actually clean? We carry over 3,000 **bacteria** on our hands and these can be easily spread when we touch other people or when we **touch** things that others have handled.



Washing our hands is an easy way of protecting ourselves (and each other) from **illnesses**. This is because the dirt, viruses and bacteria are removed from our hands when we wash them thoroughly. This helps to stop the spread of illnesses such as food **poisoning**, flu or diarrhoea.



How to wash your hands

1. Wet your hands with water.
2. Use enough **soap** to cover your hands.
3. **Rub** your hands together, in between your fingers and around your **fingernails**.
4. Wash the backs of your hands and around your thumbs too.
5. Rinse your hands to remove the soap.
6. **Dry** your hands.

It should take at least 20 seconds to wash your hands. This is about the same amount of time as it takes to sing 'Happy **birthday**' twice.

When to wash your hands

It is important to wash your hands:

- when you have used the **toilet**,
- before **eating**,
- before handling food,
- after touching animals,
- before and after treating a cut in your skin,
- after blowing your **nose**, coughing or sneezing.



Help to keep yourself and others safe from illness by remembering when and how to wash your hands!

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