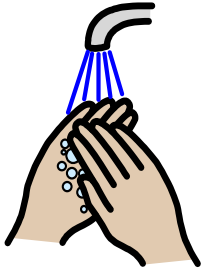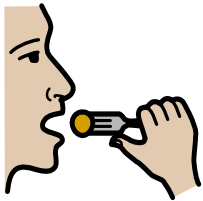# Washing your hands

Wash your hands lots. It helps keep germs away.
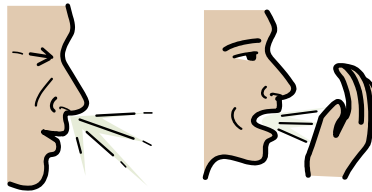
This helps keep us healthy.
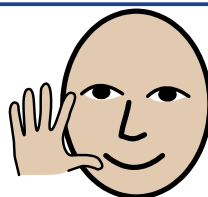
Wash your hands:
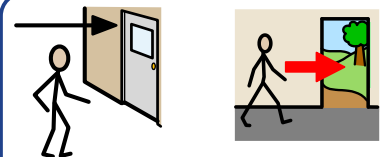
before and after eating

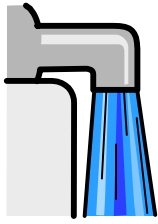after you sneeze or cough

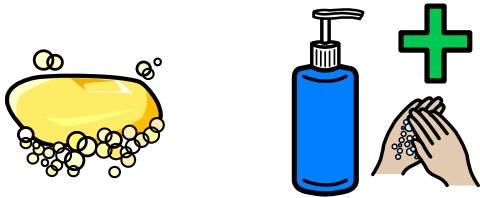after going to the toilet

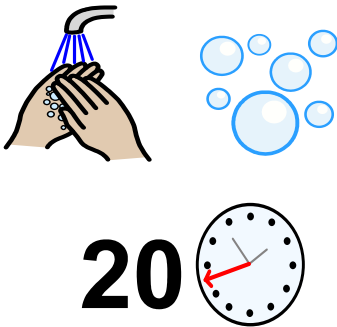after you blow your nose

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.