








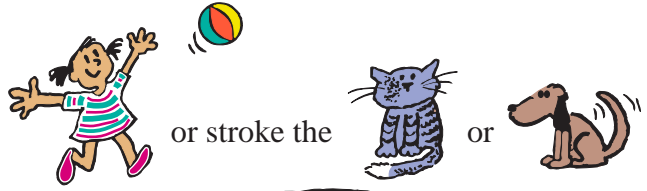










Wash your hands

WHY ... because during the day when you  or go to the  you can get  and dirt has  which are so small you can only see them under a . Your hand can transfer these germs to your body through your  or your  or your  and they can make you very ill. Washing your  will get rid of the germs and help keep you healthy.



WHEN ... should you wash your s? Always after using the , before you  before you  after  before  and in the  and whenever your hands look .

HOW ... Use lots of warm  and a good cleanser , making sure to clean under your  and wash up to your wrists too. Then dry your hands on a clean .

Washing your hands will help to keep you healthy and will help you to avoid all kinds of tummy aches , skin , eye , and mouth infections .

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