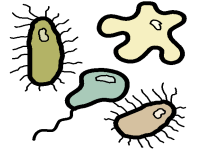


Washing Your Hands



Wash for between 15-20



seconds, or



sing



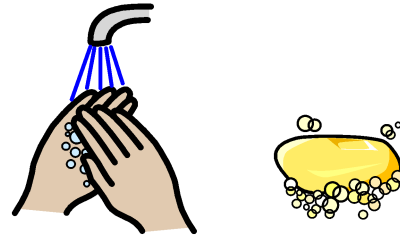
the Happy Birthday



song!



Wet hands



lather with soap



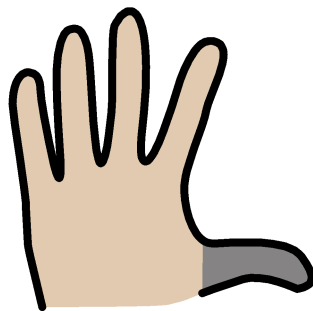
palm to palm



in between fingers



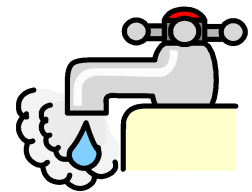
back of hands



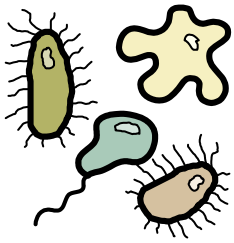
thumbs



wrists



**Rinse with
Warm Water**



Staying Safe from Germs



Cover your mouth and nose



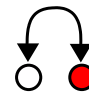
with a tissue



when you



cough



or



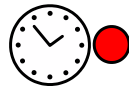
sneeze.



Do not use your hands.



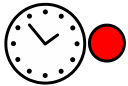
Put tissues into the bin



immediately after



using them.



Then



wash your hands



with soap



and



warm water.



Do not touch



your eyes,

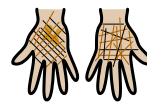


nose

or



mouth



with dirty hands.



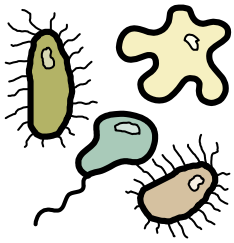
Try to avoid



close contact with



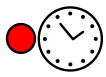
a person who is unwell.



Staying Safe from Germs



Wash your hand:



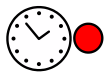
Before



leaving



home.



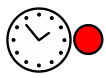
After



arriving



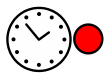
at school.



After



using toilet.



After



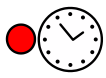
breaks



and



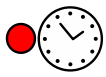
sports.



Before



preparing food.



Before



eating



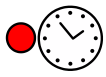
foods



and



snacks.



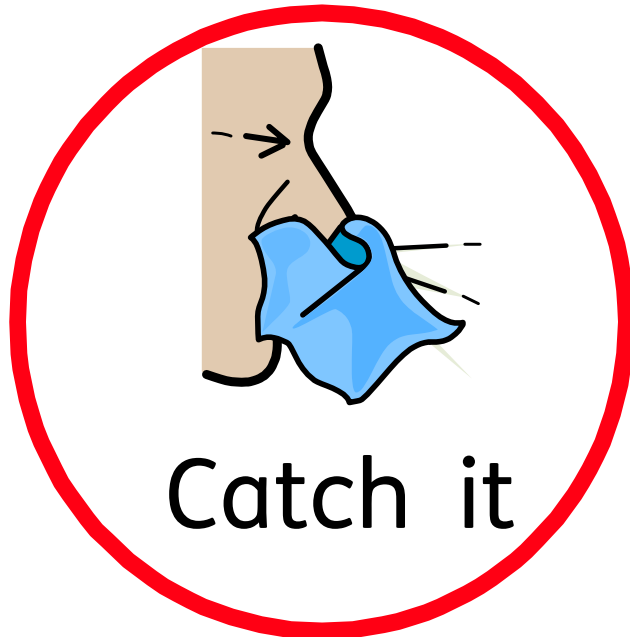
Before



leaving



school.



Catch it



Trash it



Kill it