

Wash Your Hands!

Six easy steps

- 1 — Wet your hands with warm water.
- 2 — Add soap. Lots of soap.
- 3 — Rub the back of each hand. Don't forget!
- 4 — Lace fingers and rub. Get between every finger.
- 5 — Don't forget your thumbs and fingertips.
- 6 — Rinse, then dry on a clean towel. Done — soap for 20 seconds in total.

Daily hygiene checklist

- Brush my teeth in the morning
- Wash my hands before eating
- Cover my mouth when I sneeze
- Have a bath or shower regularly
- Brush my teeth before bed
- Wash my hands after the bathroom
- Use a tissue, then throw it away
- Wear clean clothes

