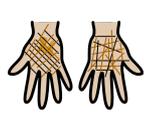
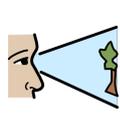
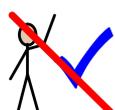
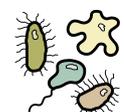
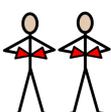




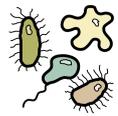
Hand Washing

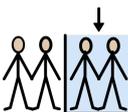
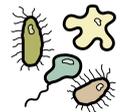
    Sometimes   
My hands can get dirty. Sometimes I can see the dirt

but sometimes  
I can't.

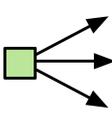
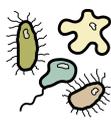
    
Germs are invisible forms of dirt. This means we can't see

them.

      
Germs make my hands dirty and can make myself or

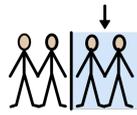
      
other people sick if I don't wash the germs off my hands.

     
Washing my hands with soap and water is the best way to

     
keep my hands clean and stop the spread of germs.



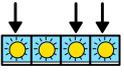
and



by



I can keep myself and other people healthy by washing my hands



often.

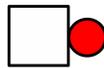


I

need to



wash my hands



after



using the toilet.

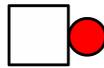


I

need to



wash my hands



after



blowing my nose.

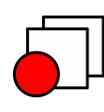


I

need to



wash my hands



before



eating

or



making

a



meal.



I

need to



wash my hands

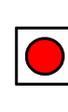
when



I



come



inside

my

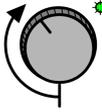


home

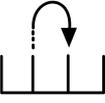
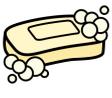
or

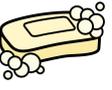


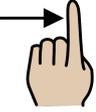
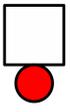
school.

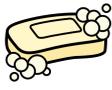
 To wash my hands  I need to  turn on the  tap, and  use

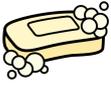
 warm water.

 Next  I need to  put  soap  on  my hands.

 I need to  rub the  soap  all over  my fingers,  including my

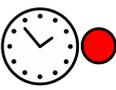
 finger tips and  underneath  my nails.

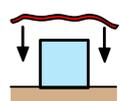
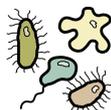
 Every  part of  my hands  should be  scrubbed  with  soap.

     **20** 
I should wash my hands with soap for 20 seconds.

    **2x** 
I can sing the Happy Birthday song twice while I


wash my hands.

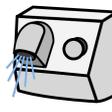
      
After I wash my hands I should turn off the tap. The

      
tap could be covered in germs so I should not touch it

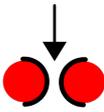
 
with my hands.

       
Instead, I can use my elbow or use a paper towel over

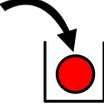

my hands.

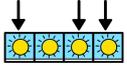
     
I then need to dry my hands with a hand dryer or paper towel.

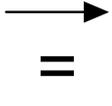
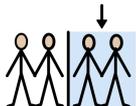
    
Sometimes I may use hand sanitiser to wash my hands quickly

   
if I am not near a bathroom.

     
Hand sanitiser can be a gel or a foam that I can rub

  
into my hands and let them air dry.

    
It is very important for me to wash my hands often. This

     
will keep myself and other people around me healthy and


safe.