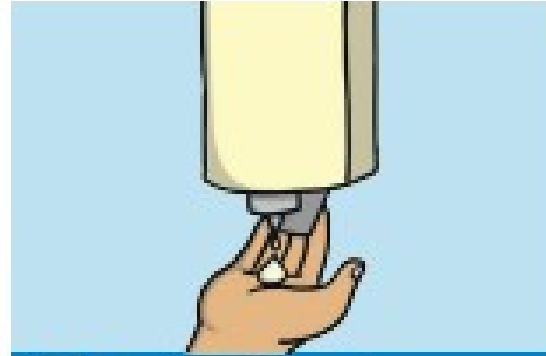


Let's practise washing our hands



1 Rinse hands with water



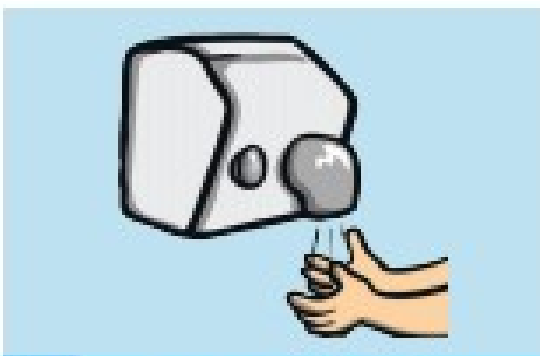
2 Apply plenty of soap



3 Rub your hands together



4 Rinse your hands

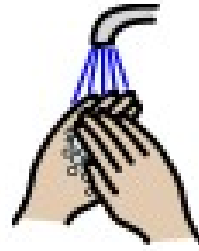


5 Dry your hands



20 Seconds

6 Remember to wash your hands for 20 seconds to make sure they are clean



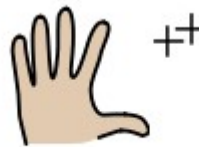
Let's practise washing our hands



Wet



your



hands



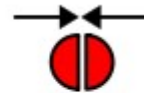
with



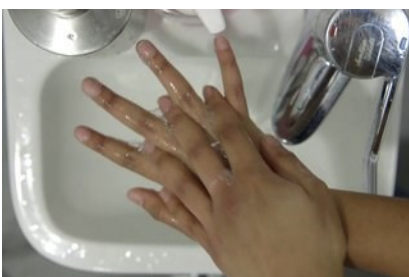
water.



Apply soap.



Rub your hands together.



Use

one



hand to



rub



the back of



the



other



hand

+

and



rub



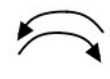
in between



your



fingers.









Swap



hands.











 Rub your hands together and clean in between your




 fingers.
























 Rub the back of your fingers in your palms.



 Make a fist and rub your thumb

 inside. Do it with the other hand.


















 Rub your finger tips in your palm.

 Do the same with the other hand.





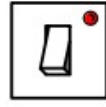





 Rinse your hands with water.



Dry your hands thoroughly.



Turn off the tap with the towel.