

WHEN DO YOU WASH YOUR HANDS?

Washing your hands frequently and efficiently helps you prevent lots of illnesses. Keep in mind when you have to do it. It is very important that you do not forget.

1) Match

Wash your hands in these situations:

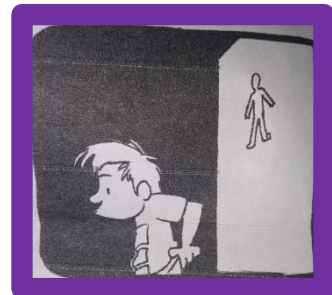


1) After using the bathroom

2) After sneezing

3) After coughing

4) After blowing your nose



5) After touching things many people touch (such as railings, door knobs, etc.)

6) After playing

7) After playing with your pet

8) After touching money

9) Before preparing food

10) Before eating



KEEP THE GERMS OFF!!

IT ONLY TAKES 30"

2) Put the instructions in the right order and label the pictures

- a) Rinse hands with warm water
- b) Turn off the tap with the towel to prevent reinfection of your hands
- c) Wash palms, back of hands, wrists, fingers and under fingernails
- d) Apply soap and rub hands together for at least 20 seconds
- e) Dry hands with a clean towel or paper towel
- f) Turn on the tap and wet your hands with warm water

