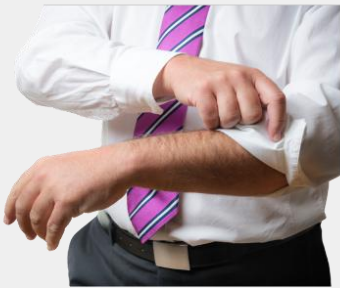


My Health



Washing My Hands



I will roll up my sleeves.



I will turn the tap on and wet my hands.



I will put soap on my hands.



I will rub my hands together with the soap.



I will rub each finger, thumb and nail.

My Health



Washing My Hands



I will rub my hands together and clean between my fingers.



I will try to wash my hands for 20 seconds.



I will turn off the tap using a towel.



I will dry my hands with a towel.