

# Washing Hands



# Why we need to wash our hands



There are lots of germs on our hands



Germs make us feel sick



We can wash away the germs on our hands

# When we wash our hands



- After we use the bathroom



- Before and after we eat



- Before and after we play



- After we come in from outside



- When our parents tell us

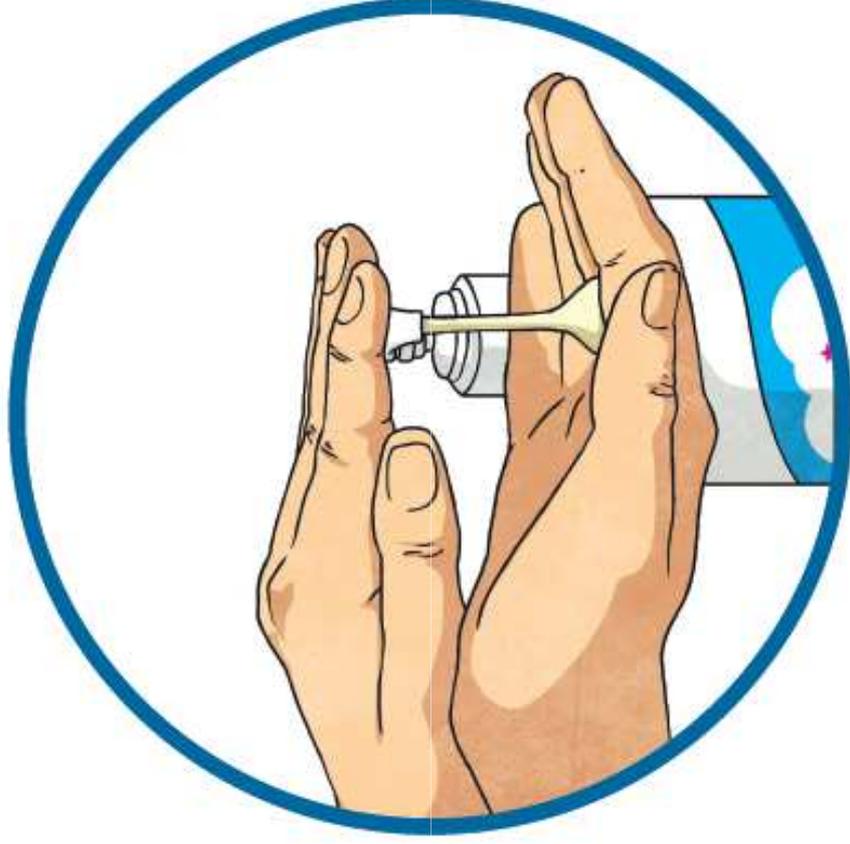
1.

Wet your hands  
with water.



2.

Cover your hands  
in soap.



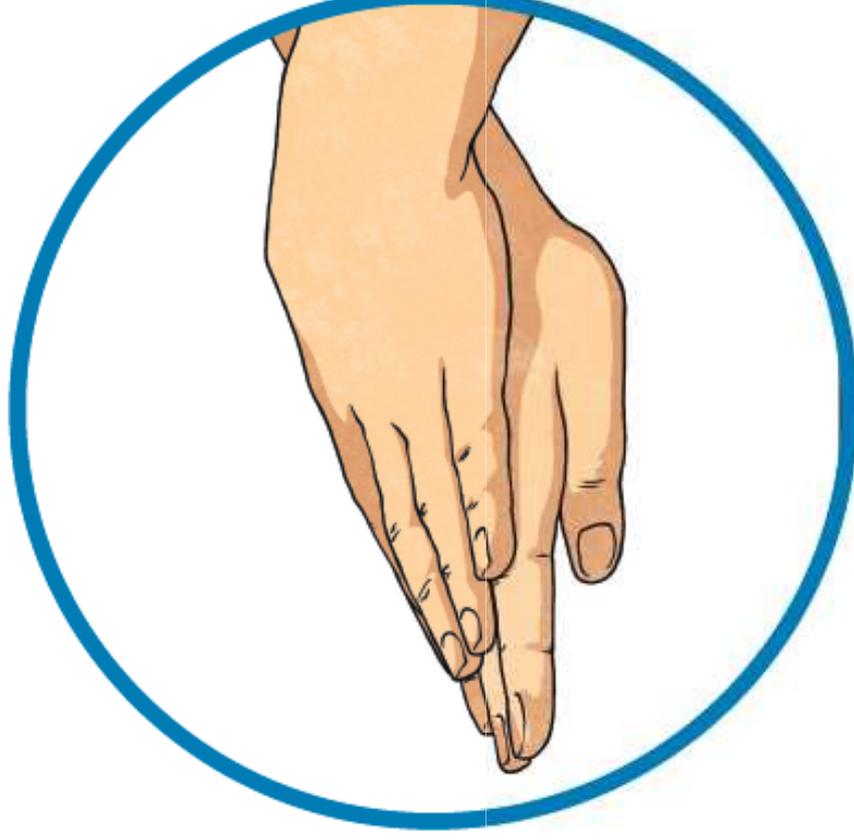
**3.**

**Put the palms of  
your hands together  
and rub.**



**4.**

**Rub the back of your  
right hand with your  
left palm then repeat  
with the other hand.**



**5.**

**Rub the tips of the fingers on your right hand on your left palm. Repeat with the other hand.**



**6.**

**Interlace your fingers  
and rub your fingers  
between each other.**



**7.**

**Rinse your hands with  
water until all the  
soap has gone.**



8.

You should wash your hands for around 20 seconds, around the length of time it would take you to sing 'Happy Birthday' from beginning to end twice.



9.

**Dry your  
hands thoroughly.**

