Why should we wash our hands?

Germs from here...

...can spread on your hands...

...into your body...

through your nose

through your eyes

through your mouth

through cuts and grazes

...and make you ill.

How to wash your hands

1. Wet your hands with clean running water
2. Use a small amount of liquid soap
3. Rub your palms together
4. Scrub your fingers and thumbs and the spaces between them
5. Scrub your palms on your palms
6. Remember to wash the backs of your hands
7. Rinse your hands with clean running water
8. Dry your hands with a clean dry towel