

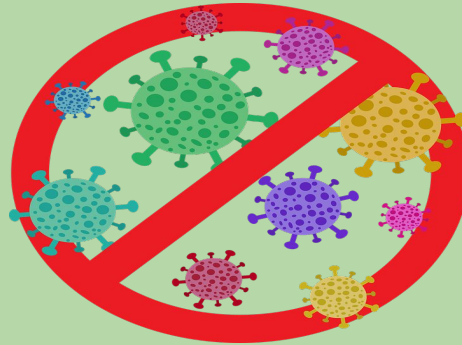
Clean Hands are Safe Hands!

So let's get washing



Why should I wash my hands??

Washing your hands is the **BEST** way to stop the spread of germs, like **COVID** and other yucky germs.



How do germs get on my hands ?

When you:

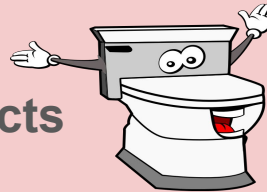
Touch your eyes, nose, and mouth with unwashed hands



Prepare or eat food and drinks with unwashed hands



Touch a contaminated surface or objects



Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects




When should I wash my hands?

The background of the slide features several translucent soap bubbles of various sizes. On the right side, there is a stylized illustration of a hand with a textured, greyish skin, reaching out and touching a large, clear, reflective sphere that represents a surface. The overall aesthetic is clean and hygienic.

- Before eating food
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or pet food/treats
- After touching garbage
- After you have been in a public place and touched an item or surface that may be frequently touched by other people, like door handles, tables, desks etc.
- Before touching your eyes, nose, or mouth
- Before and after masking

How do I wash my hands ?

1. **Wet your hands** with clean, running water (warm or cold).
2. **Use soap** and lather up for about 20 seconds. Antibacterial soap isn't a must — any soap will do. (Try singing Happy Birthday) 
3. Make sure you **get in between your fingers**, on the backs of hands, and under the nails where germs like to hang out. And don't forget the wrists!
4. **Rinse and dry** well with a clean towel



USE **HAND SANITIZER** IF SOAP & WATER IS UNAVAILABLE

Click the picture to play the video.



Check out this cool video....

