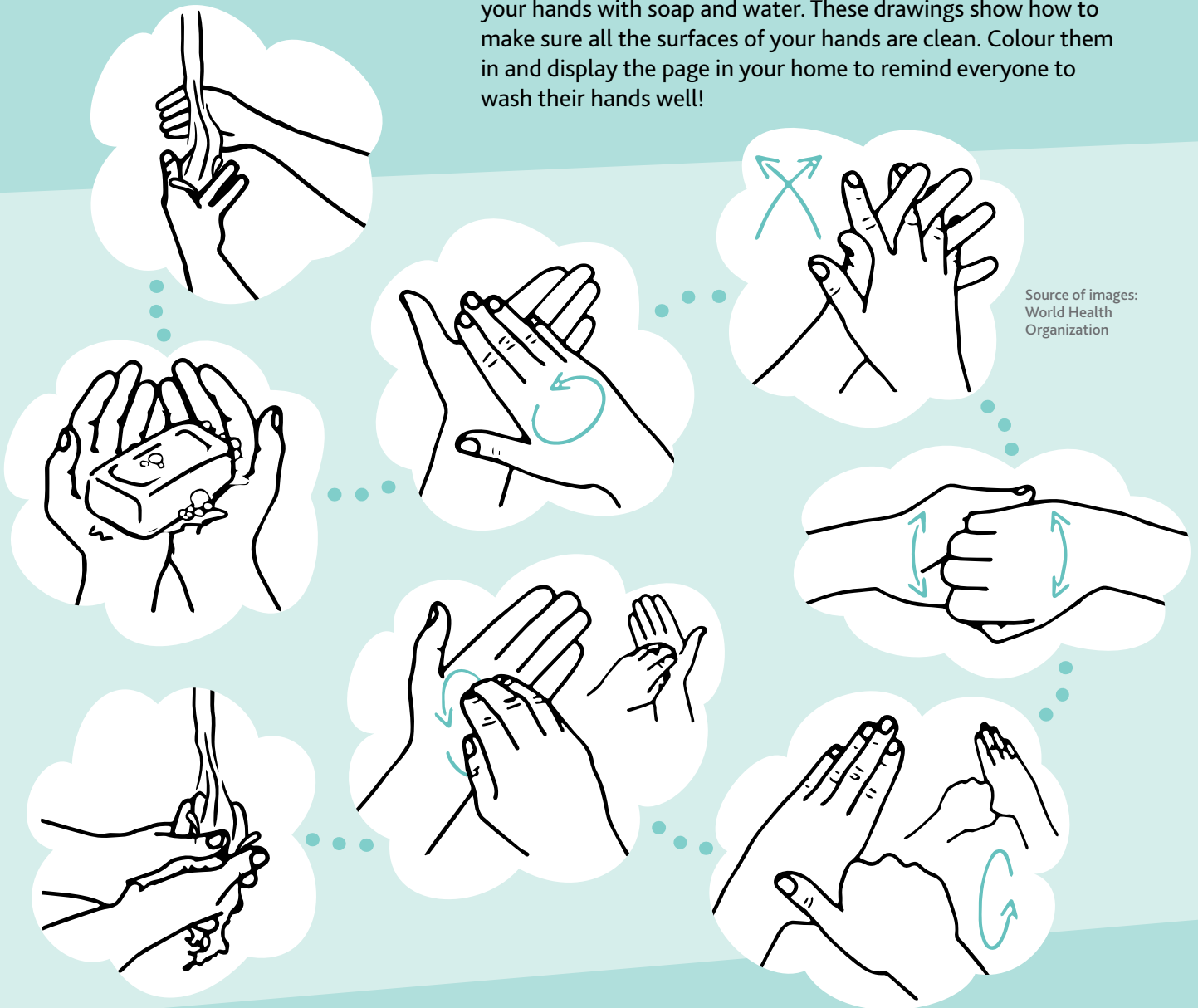




WASH YOUR HANDS

Our hands touch many things during the day and they can easily become covered in germs. If we then touch our mouths, eyes or noses, the germs may enter our bodies and some of them might make us unwell.

You can protect yourself from getting sick by regularly washing your hands with soap and water. These drawings show how to make sure all the surfaces of your hands are clean. Colour them in and display the page in your home to remind everyone to wash their hands well!



Source of images:
World Health
Organization

Wash your hands: before preparing food; before eating; after going to the toilet; after cleaning a baby; after touching animals or pets; after cleaning the house or yard; after playing outside; before and after taking care of people who are unwell; before and after treating a cut or wound; after blowing your nose, coughing or sneezing.

GERMS

There are many different types of germs including bacteria and viruses. Some of these germs can make us ill if they get inside our bodies. Most germs are too small to see without using special equipment. This means that even if our hands look clean, they may have germs on them.