

Be a Soapy Hero

How to...
wash your hands



WASH YOUR HANDS
TO GET RID OF GERRY THE GERM

It
only takes

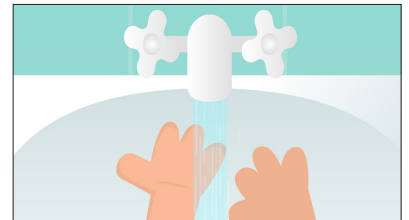
20

seconds!



Wet

WET your hands with
running water



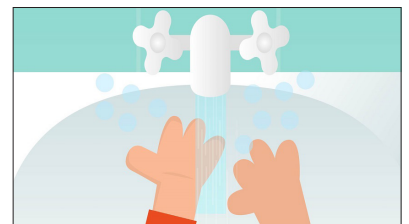
Rub

RUB soap all over your
hands for 20 seconds
Sing 'happy birthday' twice!



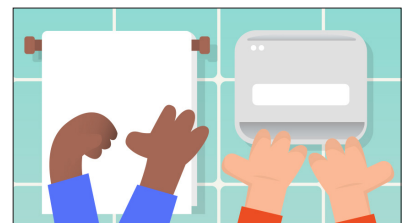
Rinse

RINSE the soap off your
hands



Dry

DRY your hands with a
clean towel or paper towel
or under a hand dryer



Wash your hands:

- whenever your hands look dirty
- after going to the toilet
- after coughing, sneezing or blowing your nose
- before and after eating
- after touching pets or other animals
- after you play