

Remember to wash your hands!

Why do we wash our hands?

To wash those bugs & germs away
So we don't get sick ourselves
So we don't make others sick

When do we wash our hands?

After using the toilet
Before you touch or eat food
After playing with animals
After coughing or sneezing
After playing outside

How do we wash our hands?



1 Wet your hands with warm water.



2 Put the soap on your hands.



3 Rub palm to palm then spread the soap all over.



4 Rub your hands together, all over - back, front and in between fingers and thumbs for 15-20 seconds.



5 Rinse the soap off.



6 Dry your hands well for 15-20 seconds.

Canterbury

District Health Board

Te Poari Hauora o Waitaha