



# There are new hand washing rules!



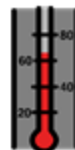
I will wash my hands when I arrive at school  
I will wash my hands  
when I sneeze and before  
I eat and play



First, I turn on the tap and let the water run  
I can take my time, there is no rush, we're  
going to make it fun!



I can have the water how I like, cold, lukewarm  
or hot  
It's the soap that is important  
and not to be forgot!



Next I put soap on wet hands  
and rub them both together  
I rub between my fingers and thumbs  
I really am quite clever!



I need to rub for 20 seconds, this can seem quite long  
So to help me I can use a timer or sing my favourite song!



Next I rinse my hands to wash the  
soap away  
"Don't forget to turn off the tap" I  
hear my teachers say



Last I need to dry my hands so  
there's no water on my skin  
When they are dry, I put the  
paper towel into the rubbish bin



If I'm outside or in the hall then there's a special  
gel  
If used correctly this will kill the germs as well

