

# Healthy “ME”



## How to Wash Hands



(a) Wet hands under running water



(b) Apply soap and rub palms together to ensure complete coverage



(c) Spread the lather over the backs of the hands



(d) Make sure the soap gets in between the fingers



(e) Grip the fingers on each hand



(f) Pay particular attention to the thumbs



(g) Press fingertips into the palm of each hand



(h) Dry thoroughly with a clean towel



## When to Wash Hands

- Before and after eating
- After playing outdoors
- After using toilets
- After sneezing or coughing
- Before and after being around with someone who is ill.

*ENSURE YOU STAY  
HEALTHY*