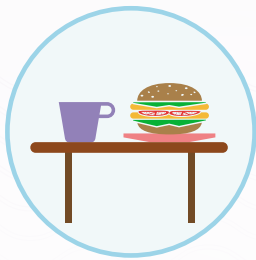




REMEMBER TO WASH YOUR HANDS!

BEFORE



You eat or touch food



Cleaning your teeth



Going to bed

AFTER



You've been to the toilet



Touching pets or animals



You've sneezed, coughed
or blown your nose



Playing outside



Touching rubbish
or anything dirty



You get home
from school