

Remember to...

Wash your hands

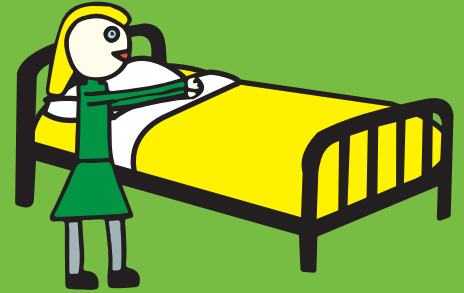
BEFORE



you eat or touch food

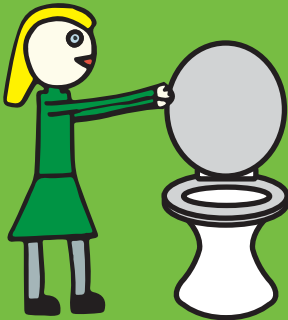


cleaning your teeth



going to bed

AFTER



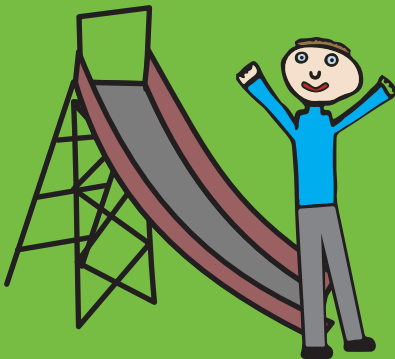
you've been to the toilet



touching pets or animals



you've sneezed, coughed or blown your nose



playing outside



touching rubbish or anything dirty



you get home from school

