


HEALTHY HABITS:
WASHING YOUR
HANDS
SECOND YEAR

When should we wash our hands?



Think of the times that we need to wash our hands

YOU MUST WASH YOUR HANDS:

- Before and after meals
- After using the washroom
- Before, during and after preparing meals
- After handling garbage or trash
- After handling money
- After sneezing or coughing

How to wash you hands properly

1. Wet your hands



2. Apply soap



How to wash you hands properly

3. Scrub your hands for 20 seconds, you can sing the Happy birthday song twice.



4. Rinse your hands properly.



How to wash you hands properly

5. Dry your hands



Put in correct order

- 1. Dry your hands
- 2. Rinse your hands
- 3. Wet your hands
- 4. Scrub your hands
- 5. Apply soap

Correct answer

- 1. Wet your hands
- 2. Apply soap
- 3. Scrub your hands
- 4. Rinse your hands
- 5. Dry your hands