

Keep clean to stay healthy

During the day when you  or pet your  or  or  fall or go to the  you can get  and dirt has  germs. Your hands can move these germs into your body through your  or  or your  skin and they can make you very . Washing your  will get rid of the germs and help keep you healthy.

You should wash your  after using the , before and after you , before and after you , after you play with your , whenever you  cough or  sneeze, and whenever your  look .

To wash your , use lots of warm  and plenty of  soap.

Make sure to clean under your  fingernails and wash for **00:00:20**.

Dry your hands on a clean . Washing your hands will help keep you

 **Healthy** and will help you avoid all kinds of tummy aches , and skin , eye  and mouth  infections.