Why do we wash our hands?

To wash those bugs & germs away

So we don't get sick ourselves

So we don't make others sick

When do we wash our hands?



After using the toilet



Before you touch or eat food



After playing with animals



After coughing or sneezing



After playing outside

How do we wash our hands?

1.

2.

3.

4.

5.

6



Wet hands

Add soap



Spread soap all over



Rub hands together



Rinse well



Dry hands

Wash your hang for 20 seconds 77 Ory for 20 second

Resource adapted from Taranaki and Waikato DHBs and Tu Ora Public Health Bay of Plenty

Te Whatu Ora Health New Zealand