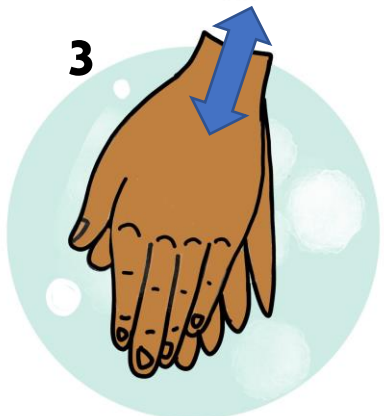
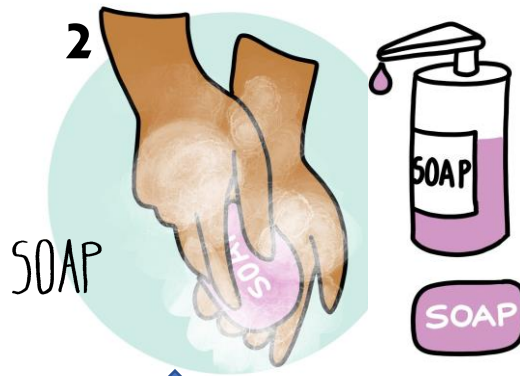
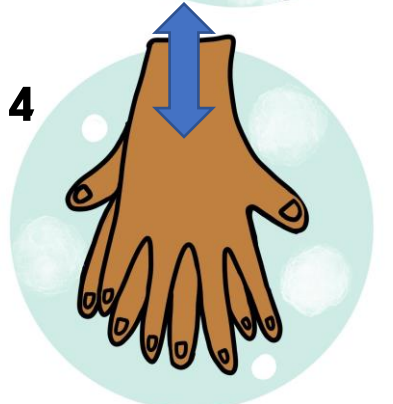




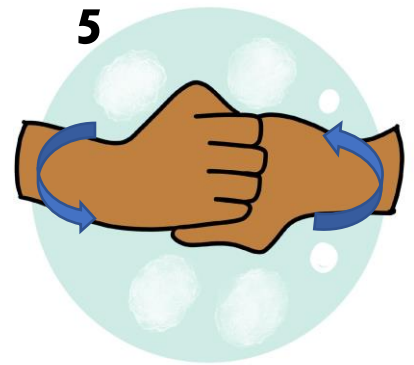
# HOW TO WASH YOUR HANDS



RUB PALM TO PALM



RUB PALM TO BACK  
AND BETWEEN FINGERS



RUB BACK OF FINGERS



WASH BOTH THUMBS



RUB YOUR NAILS



WASH WRISTS



OR TO THE AIR  
WHEN  
SANITIZER



🕒 1 MINUTE

**YOUR HANDS CARRY TINY BUGS INVISIBLE TO THE EYE THAT CAN MAKE YOU SICK.**

**WASHING YOUR HANDS PROPERLY COULD SAVE YOU AND YOUR FAMILY FROM MANY ILLNESSES**



**RISEinFAMILY**



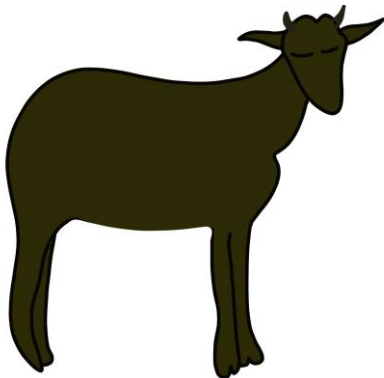
**Before feeding your baby**



**After changing your baby's nappy**



**Before handling food**



**After contact with animals**

**After using the toilet or latrine**



**After caring for someone sick**



**CLEAN HANDS MEAN BETTER HEALTH**