



Taking care of your hands

Since your hands are in direct and constant contact with the environment, they are among the most important transmitters of germs and diseases. Therefore, you must wash them with soap and water. Knowing when and why to wash your hands can help you to avoid spreading germs and diseases at school and at home.

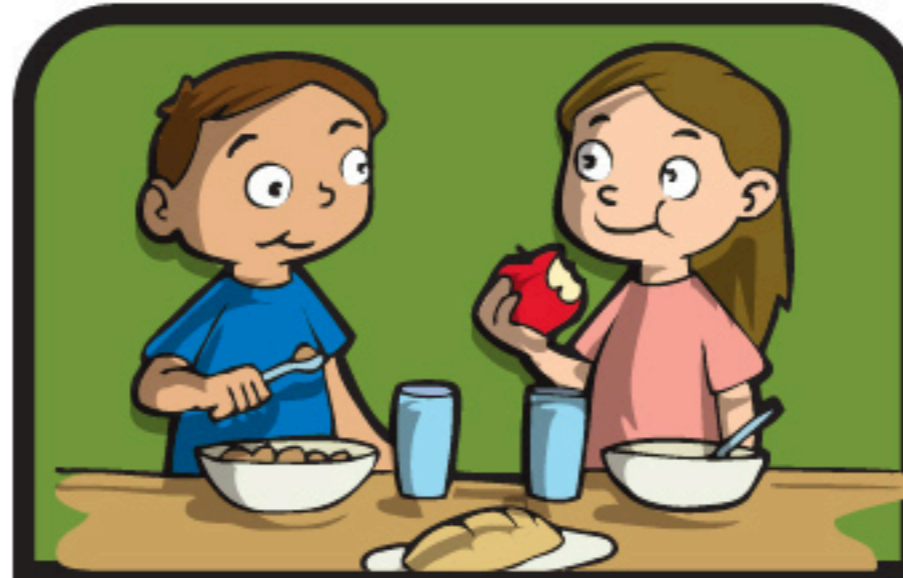
Instructions: Write in the action when you are supposed to wash your hands.



When do I wash my hands? Before ...



1) Preparing a meal



2) Before eating



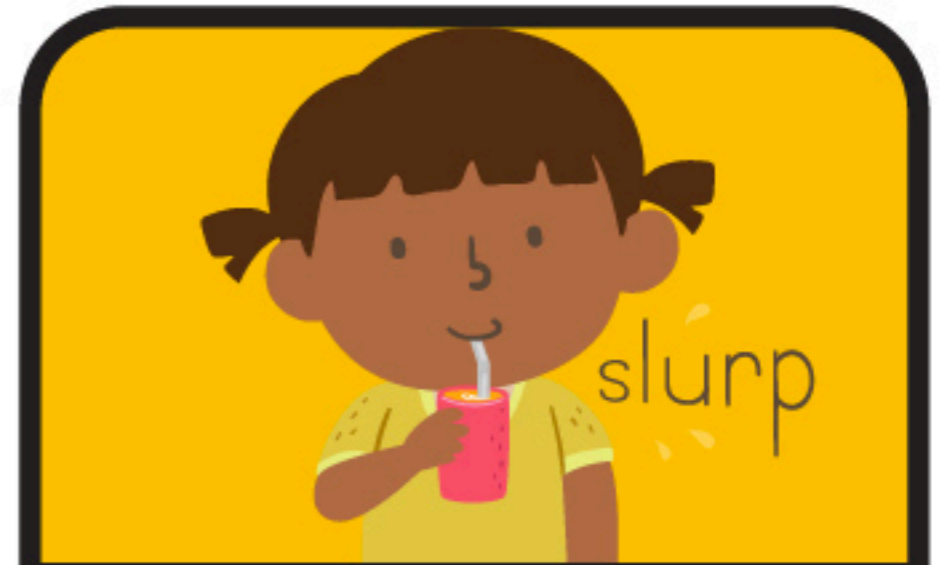
3) Relaxing



4) Touching your face



5) Playing with toys



6) Having a snack break

