

Umbu, Rambu, let's wash your hands!

Let's

# WASH your hands!



1. Wet your hands and use soap



2. Rub the palms and backs of the hands



3. Clean between your fingers



4. Rub the inner side of your fingers in locking hand position



5. Clean the thumb with grip and rotating motion



6. Clean your nails by rubbing them on your palms



7. Rub the area of your wrists



8. Rinse with water

When should you wash your hands?

1. Before and after **eating**.
2. After **peeing** and **pooping**.
3. After **playing** with friends and animals.
4. Before and after doing **activities**.
5. Follow the steps to wash your hands for **40-60 seconds**.

Do each step 5 times, okay!

