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

You should wash your hands after using the toilet, before and after you eat, before and after you touch food, after you play with your pet, whenever you cough or sneeze, and whenever your nails look dirty.

To wash your hands, use lots of warm water and plenty of soap. Make sure to clean under your fingernails and wash for 00:00:20. Dry your hands on a clean towel. Washing your hands will help keep you Healthy and will help you avoid all kinds of tummy aches, and skin, eye, and mouth infections.