## Hands



## Human hands can do different work There are some rules for your hands

- You should wash hands before you meals
- You should wash hands after the use of the toilet
- You should soap your hands well
- You should when your rinse you hands with running water count to 60
- You should keep the nails short
- You should don't bite your nails.



## **HOW TO WASH YOUR HANDS**

**BE 100% SURE** 



Wet your hands and apply liquid handwash



Rub it on your hands and between your fingers



Make sure to rub it on the back of your hands too



Don't forget the back of your fingers and thumbs



Remember to clean your fingernails as well



Finish off by soaping your wrists before rinsing the liquid handwash off

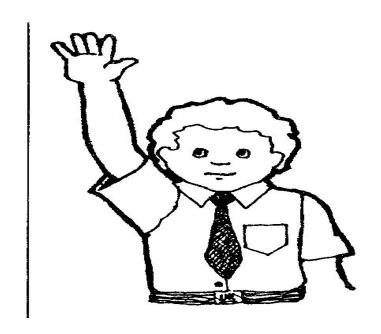


## Exercise

• This is a nurse with a thermometer in her



 Raise your hand when you wont to speak at the lesson



A nurse is holding a baby in her hand



When you meet friend you shake hands

