














# Keep clean to stay healthy

**During** the day when you  or pet your  or  or  or go to the  you can get  and dirt has . Your hands can move these germs into your body through your  or  or your  and they can make you very . Washing your  will get rid of the germs and help keep you healthy.

**You** should wash your  after using the , before and after you , before and after you , after you play with your , whenever you  or , and whenever your  look .

**To** wash your , use lots of warm  and plenty of .

Make sure to clean under your  and wash for **00:00:20**.

Dry your hands on a clean . Washing your hands will help keep you

 **Healthy** and will help you avoid all kinds of tummy aches , and skin , eye  and mouth  infections.