



Wash our hands



1. To wet



2. Use a soap



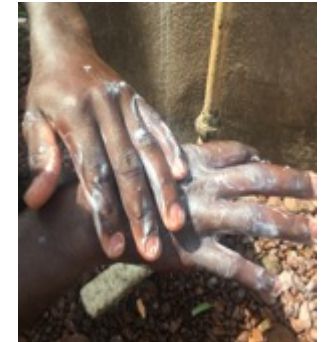
3. Palms



4. Wrinkles



5. Back of the hand

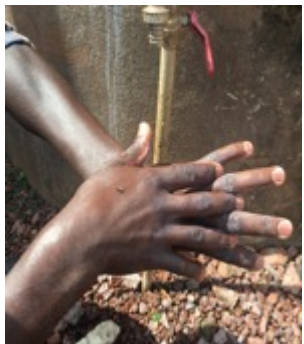


Why?

1. To avoid diseases
2. To avoid being dirty when we eat
3. To wash our body clean

When?

1. After using a toilet
2. Before and after eating
3. When we nurse babies
4. After taking care of livestock
5. Before cooking
6. When we came back home
7. Before and after visiting a hospital etc...



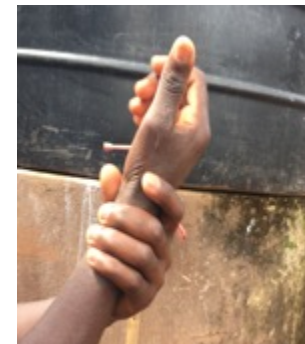
6. Between fingers



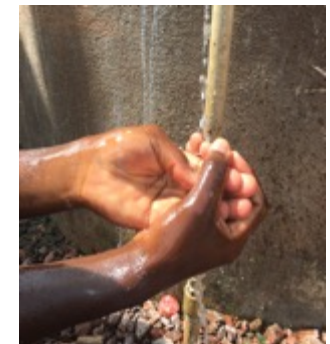
7. Thumbs



8. Nails



9. Wrists



10. Wash away