



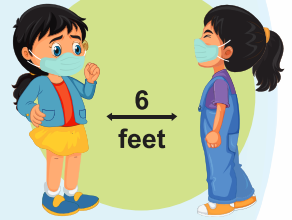
Achhi Aadat

GOOD HABITS

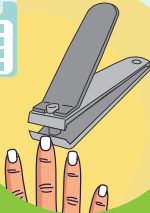
Protect you
and
your family



Wash Your Hands



Maintain
Physical Distancing



Cut Nails Regularly



Wear Mask Properly

Let's wash hands together

Hand washing
can save your life



<p>1</p> <p>As a small child I was taught to wash my hands with soap many times a day</p>	<p>2 Huh?</p> <p>When do we wash our hands?</p>	<p>3</p> <p>(1) When we return home from outside</p> <p>Be sure to wash your hands first when you get back home</p> <p>OK!</p>	<p>4</p> <p>(2) After using the toilet</p>
<p>5</p> <p>(3) Before meals or snacks</p> <p>Did you wash?</p> <p>Sure did!</p> <p>Let's eat</p>	<p>6 Huh?</p> <p>Why do we wash our hands so much?</p>	<p>7</p> <p>Well, our hands and fingers look clean, but</p> <p>Actually, there are tons of viruses and germs we can't see</p>	
<p>8</p> <p>If you don't wash your hands before you eat</p> <p>or if you touch your face, germs get in to your body via your eyes, mouth, or nose</p>	<p>9</p> <p>You can get a belly ache, or</p> <p>10</p> <p>it can even make you sick</p>	<p>11</p> <p>I was told to wash my hands with soap after caring for animals</p> <p>and after touching garbage</p>	

12 "Look, just like this!"

splat

whoosh whoosh

13 Just splashing water on your hands doesn't wash away germs

What? Really!?

14 Germs hate soap bubbles

That's why we make lots of bubble and wash away the germs

Oh, wow...

15

How to wash hands with soap

Let's slowly count to 30 while washing

1 2 3 4...

...Lather your hands with soap...

Get hands wet with water

Add soap and make bubbles

Palms

Back of hands

Both wrists

Under nails

Between fingers

Both thumbs

16 Finally, Completely wash off the soap with water

wipe them with clean towel or thoroughly dry them off...and you're done!

17 But...in my village, we don't have tap water and we need to walk a long distance to collect water

We have water pipes where I live but sometimes the water doesn't come out

so we can only use a little water to clean hands....

18 Yeah, true. Water is important....

You can still wash your hands with just a small amount of water!

Tippy-Tap

Step on the pole below and water will come out little by little

Hand-washing kit

When you twist Water will come out →

Washing with a kettle

Put water in kettle and take turns washing hands

Just one cup of water will do!

Try to use as clean water as possible

19 Let's wash those germs off children's hands throughout the world!

for all children to stay healthy!!

Author: INOUE Kimidori



Hand washing hygiene

Why to wash our hands ?



To stop germs
from spreading



To protect you &
your family from getting sick

When to wash our hands ?



After using
the washroom



After sneezing



After touching
animals



Before and after
eating food



After playing
outside

How to wash our hands ?

Take 30
Seconds



Wet your
hands



Apply
the soap



Scrub
your hands



Clean your fingers
and thumbs



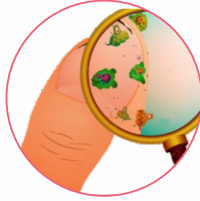
Rinse your
hands



Dry hands
with towel

Nail cutting hygiene

Why to cut our nails ?

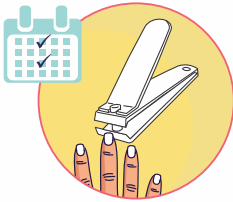


To keep them germ free
as we eat with our hands



To avoid accidentally scratching
and hurting yourself

When to cut our nails ?



For Hand
Every 5-7 days

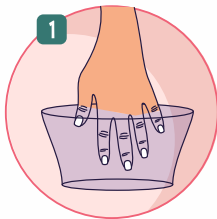


For Foot
Every 10-14 days

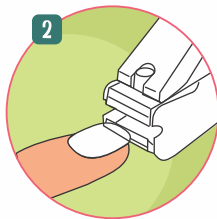


Regularly trim them
and smoothen sharp edges

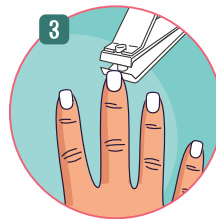
How to cut our nails ?



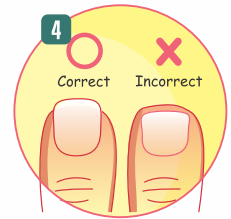
1 Soak nails in water
to soften them



2 Cut from centre
and edges



3 Cut little by little
by placing the nails
between the blades



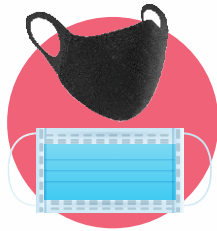
4 Cut to the same height
as your finger tip
Do not cut too deep

Wear a mask and Maintain physical distancing

How to wear a Mask ?



Make sure the mask covers your nose and mouth completely



Change your mask regularly



Do not wear the mask under your chin

How to maintain physical distancing ?



No handshakes or hugs



Keep 6 feet apart from others



Avoid crowds

My Hygiene Report Card



Wear a clean mask properly



30 seconds

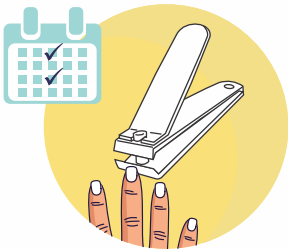
Frequently wash hands with soap



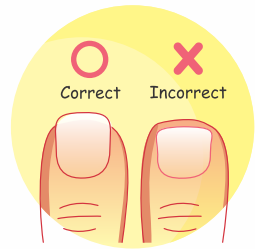
Maintain physical distancing



Avoid crowds



Clean and cut nails



Cut nails correctly

Good



Average



Can improve



Score out of 6



Achhi Aadat



Supported By



In partnership with



Japan International Cooperation Agency (JICA)
 India Office
 16th Floor, Hindustan Times House
 18-20 Kasturba Gandhi Marg, New Delhi - 110001
 Tel: 91-11-4909 7000 | Fax: 91-11-4909 7001/7002

