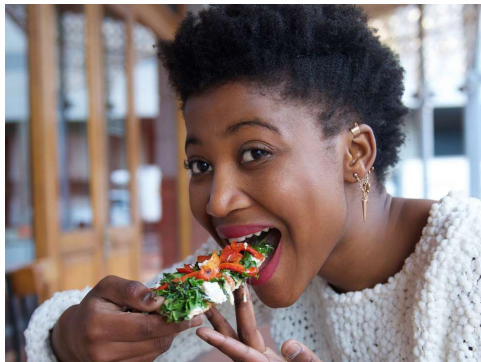


# I have to wash my hands a lot!



I have to wash my hands many times each day.



I will wash my hands **BEFORE** every snack and meal.

I will wash my hands **AFTER** every meal.



I will wash my hands after coughing, sneezing and blowing my nose.



I will wash my hands after using the bathroom.



I will wash my hands for at least 20 seconds to get rid of germs.

Washing my hands helps to keep me safe and healthy.



Washing my hands helps to keep other people safe and healthy.

Everyone is proud of me for keeping my hands clean.

Fold page here to follow along