



**KEEP  
CALM  
AND WASH  
YOUR  
HANDS**

Here are some handy hints for washing your hands - it is important to wash your hands often and well!

- Wash your hands well before setting off for school in the morning.
- Wash your hands well as soon as you get home from school.
- Don't ignore your thumbs! Did you know that each thumb is as busy as the other four fingers put together - so they need to be washed properly too!
- To wash your hands really well takes at least 20 seconds - try singing 'Happy Birthday' to yourself - twice - to get the timing right!
- Wash your hands well before eating - and after going to the toilet. Remind your friends!

