

How and When?

How?

2



Thumbs and fingers

Fingertips and nails



How?

5

With my hands  
I can catch everything

When?

4



When?



Before and after eating

After coughing, sneezing and blowing my nose

I know how to wash my hands: when and how

How?

1



When?

8

After being in public transport (bus, metro, tramway ...)

After going to the bathroom

6

How?

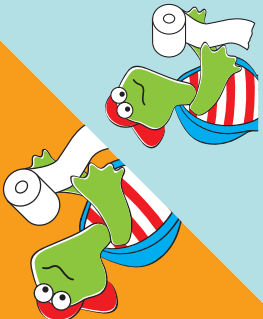


I use soap and dry my hands

Palm and outside back of the hands and wrists.

When?

7



When do I have to wash my hands?

# With my hands I can catch everything, even diseases!

To have fewer germs on my hands,  
I wash them often and especially,  
every time it is possible



1. Before and after eating



2. After coughing, sneezing  
and blowing my nose



3. After going to the bathroom



4. After being in public  
transport (bus, metro,  
tramway ...)



And also

1. After being with someone  
who is sick



2. After playing with friends

Running hands under water and wiping  
them is not enough. To wash my hands  
thoroughly, I rub



1. Palm and outside back  
of hands and wrists



2. Thumbs and fingers



3. Fingertips and nails



4. I use soap and  
dry my hands



And also

1. To properly dry my hands,  
I use a disposable paper towel,  
a clean towel or I dry it in  
the open air...



## Useful links:

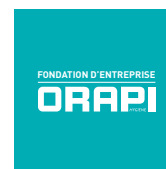
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<http://www.santepubliquefrance.fr>

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