## What do I need to do to protect myself from Germs?



## PRACTICE GOOD HAND HYGIENE

YOU SHOULD WASH YOUR HANDS AFTER

1.PETTING YOUR PETS



3.AFTER USING THE TOILET



....AND ALWAYS BEFORE YOU EAT!

2.PLAYING OUTSIDE



**4.BLOWING YOUR NOSE** 







## REMEMBER TO ALWAYS WASH YOUR HANDS!!!