

Make sure to bathe with soap and water to keep your body clean.

**START** →



1. Wet hands

# HAND WASHING STEPS



2. Soap  
(20 seconds)



3. Scrub backs  
of hands, wrists,  
between fingers,  
under fingernails.



6. Turn off  
taps with  
towel



5. Towel dry



4. Rinse



God gave you an amazing body. He wants you to take care of it.



Wash your hands with running water and soap to get rid of dirt and germs.



A doctor can help us when we are sick or have hurt ourselves.



A nurse can help us when we are sick or have hurt ourselves.

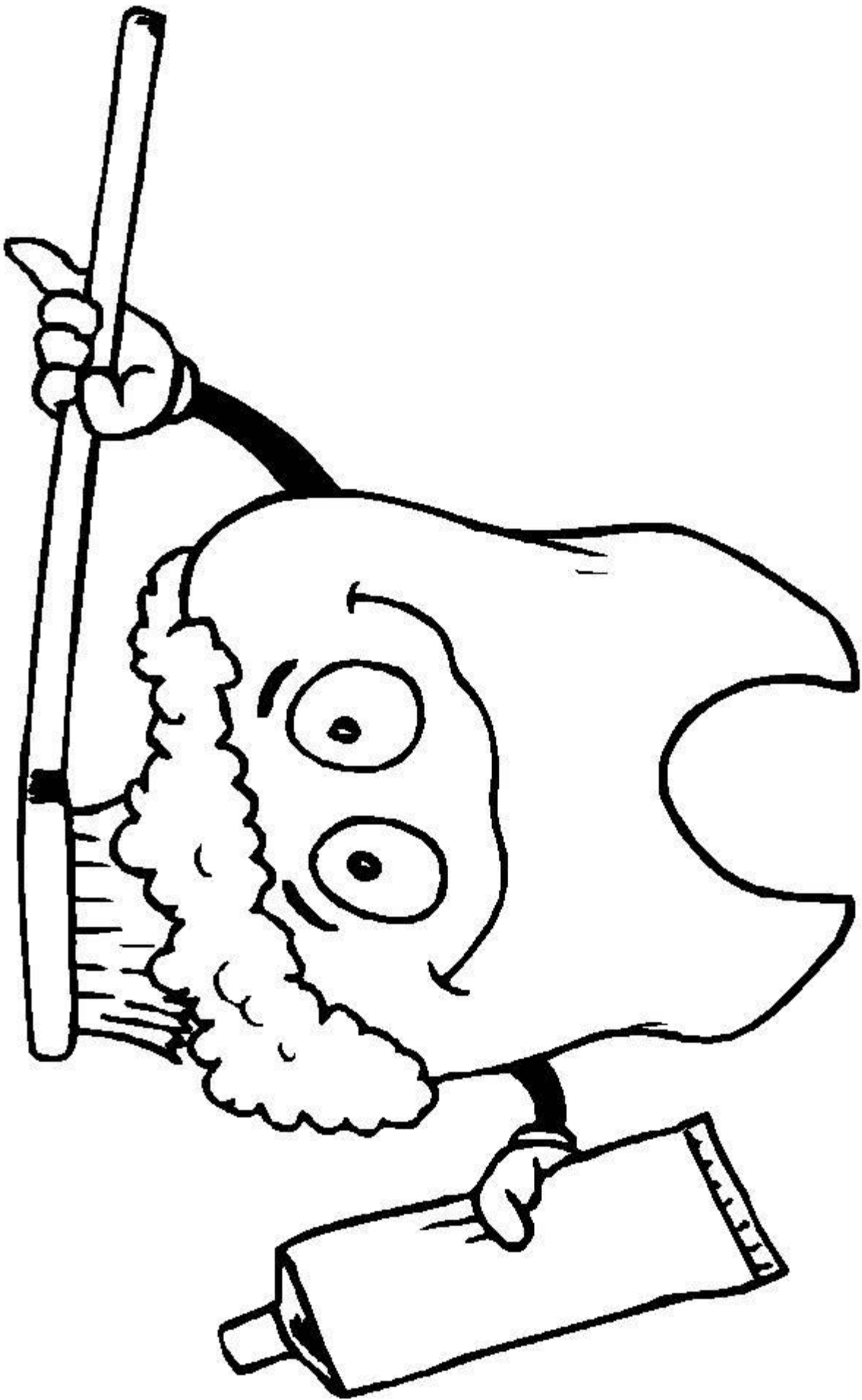


A dentist helps to keep our teeth clean and healthy.



Brush your teeth with toothpaste to keep your teeth clean and healthy.







We use a toothbrush, toothpaste, and floss to help keep our teeth clean and healthy.