



GOVERNMENT OF BERMUDA  
Ministry of Health

Department of Health  
Department of Education

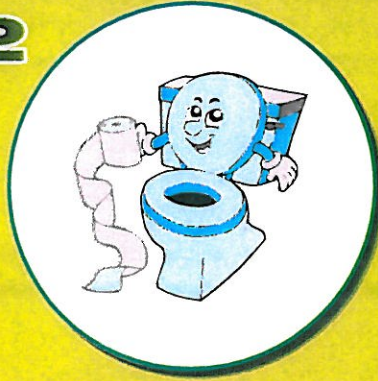
# WASH YOUR HANDS TO STOP GERMS AND STAY HEALTHY ESPECIALLY AFTER

1



Playing with pets

2



Using the bathroom

3



Sneezing, blowing your  
nose and coughing

4



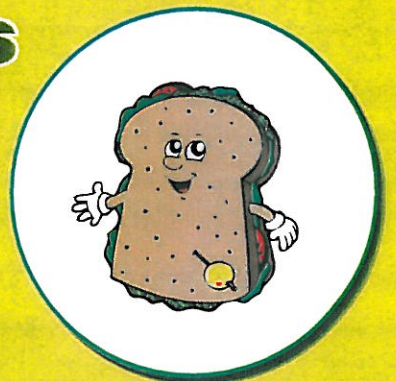
Touching a cut or open  
sore

5



Playing outside

6



And before eating

## BEST WAY TO WASH YOUR HANDS



Use soap and  
warm water



Rub your hands  
back and forth



Rinse with water



Dry hands with  
paper towel