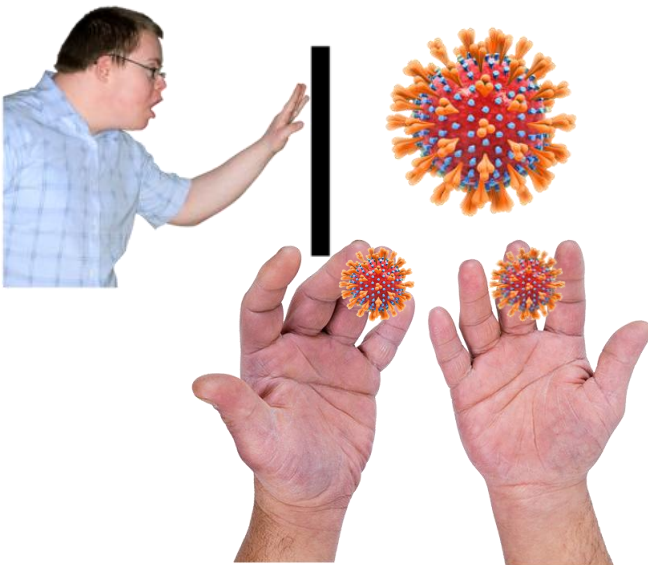


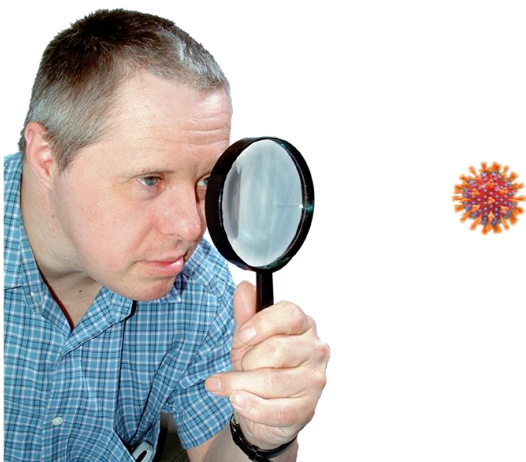
PEPPER AND SOAP TEST



It is very important to **wash your hands** for at least **20 seconds** **many times** during the day.



When you touch things during the day, you collect these little things called **germs** on your hands.



Germs are so little that you can't even see them.



Germs can make you ill.



So you must wash your hands to get rid of the germs and **stop yourself from getting ill.**



Try this test at home to see how important it is to wash your hands:



1. Take a clean, shallow **plate**.



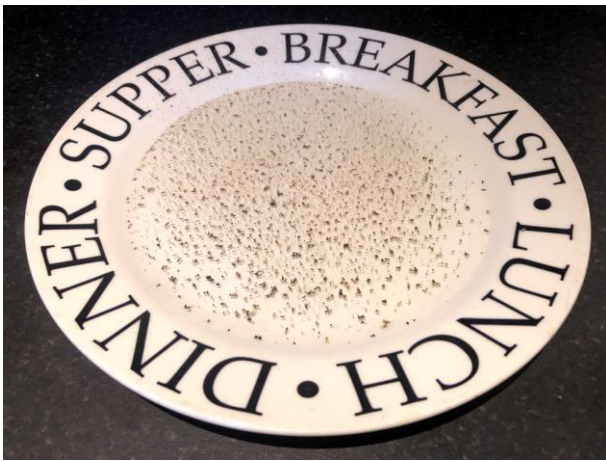
2. Take some ground black **pepper**.



3. Take some **hand wash**.



4. Pour a little bit of **water** in the plate.



5. Cover the water with ground pepper.
IMAGINE that the pepper is **germs**.



6. Stick your finger in the pepper water.



7. Take your finger out and look at it. Do you have any germs stuck to your finger?



8. Now clean your finger off and put a bit of soap on it.



9. Stick your finger back into the water. See how the germs move away from the soapy finger?



So remember to wash
your hands often.



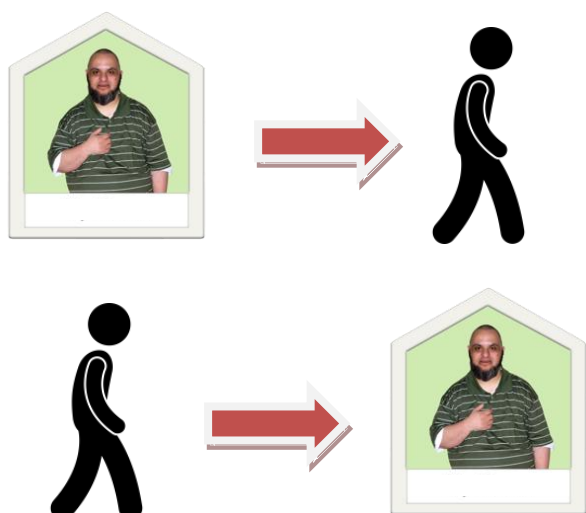
Before and after
cooking food and
eating.



After the **toilet.**



After you **blow your nose, cough or sneeze.**



Before you leave to **go outside** and after you **come inside.**



Before and after **cleaning.**



After touching or
feeding your **pet**.



Before taking
medication.



After **smoking**.