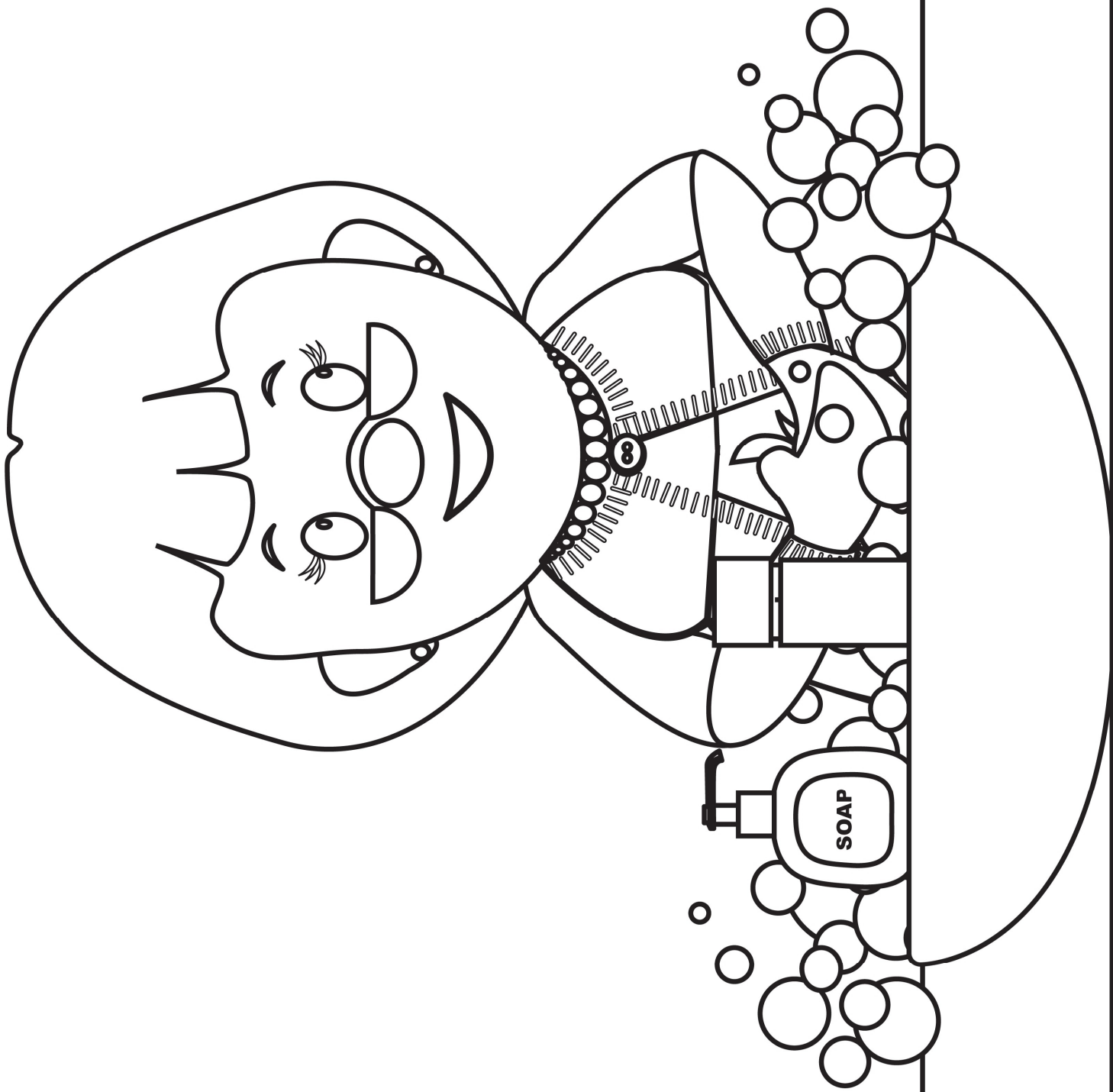
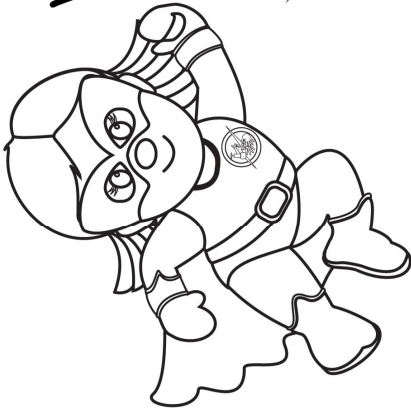


Are you remembering to wash your hands regularly?



Wilma "Wash your hands" says!



It is important to keep your hands really clean. Wash them often with soap and water. You need to wash them for 20 seconds. You could say the alphabet, or Happy Birthday or learn the NHS hand wash song.