**Clean Hands – antwoorden**

1. True or false?

Washing your hands can prevent yourself and other people from getting sick. ***TRUE***

If your hands look and feel clean, they can still be covered with bacteria. ***TRUE***

To clean your hands, it is enough to rinse them in water. ***FALSE***

2. Fill in the missing words:

You need to wash with ***soap and water***, using the correct technique.

Start with ***wet*** hands, apply soap and ***scrub*** thoroughly.

You need to get in between your ***fingers*** and under your ***nails***.

Don't forget ***the backs of your hands***, your thumbs and your wrists.

Then rinse.

Drying your hands is just as ***important***.

3. When should you wash your hands? Name 3 or more situations.

*Before eating, before and after preparing food, after going to the toilet, after touching animals, after touching rubbish, after sneezing, coughing or blowing your nose.*