

HEALTHY HYGIENE

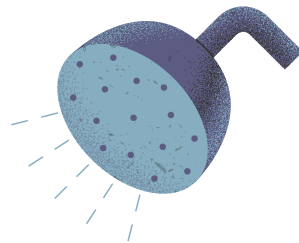
1 WASH YOUR HANDS

Scrub your hands for
at least 20 seconds



2 SHOWER DAILY

Use warm water to kill off
any germs and cleanse skin



3 KEEP A CLEAN HOME

Deeply clean once
a week



4 BRUSH YOUR TEETH

Brush your teeth twice
a day

