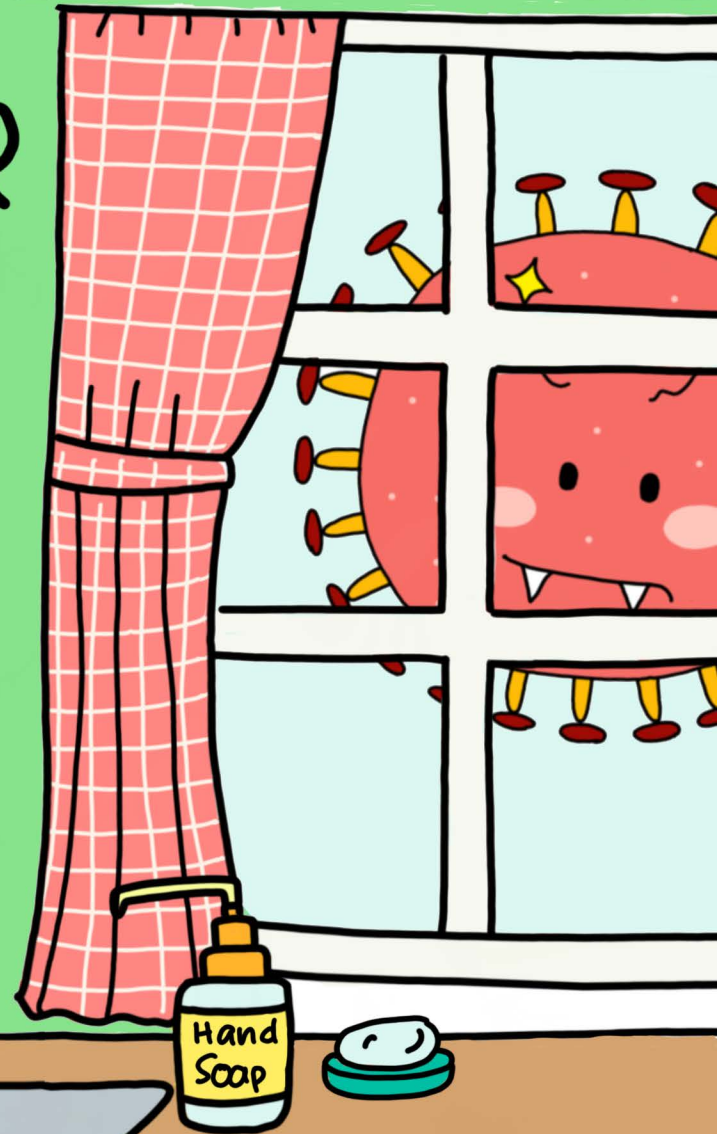


LET'S WASH OUR HANDS



Writer : Watiek Ideo
Illustrator : Luluk Nailufar
Translated by : Fitri Kurniawan

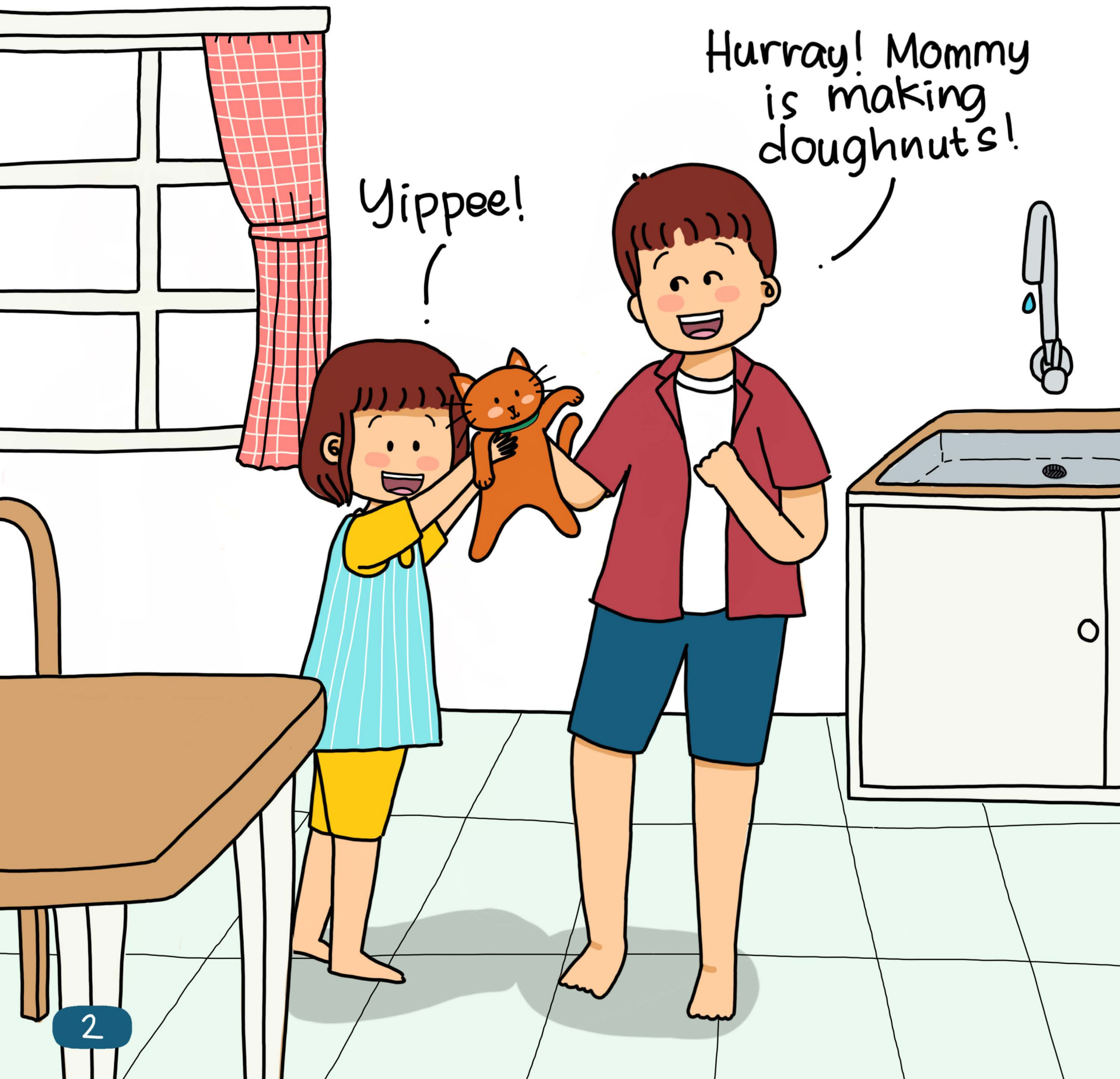
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LET'S WASH OUR HANDS



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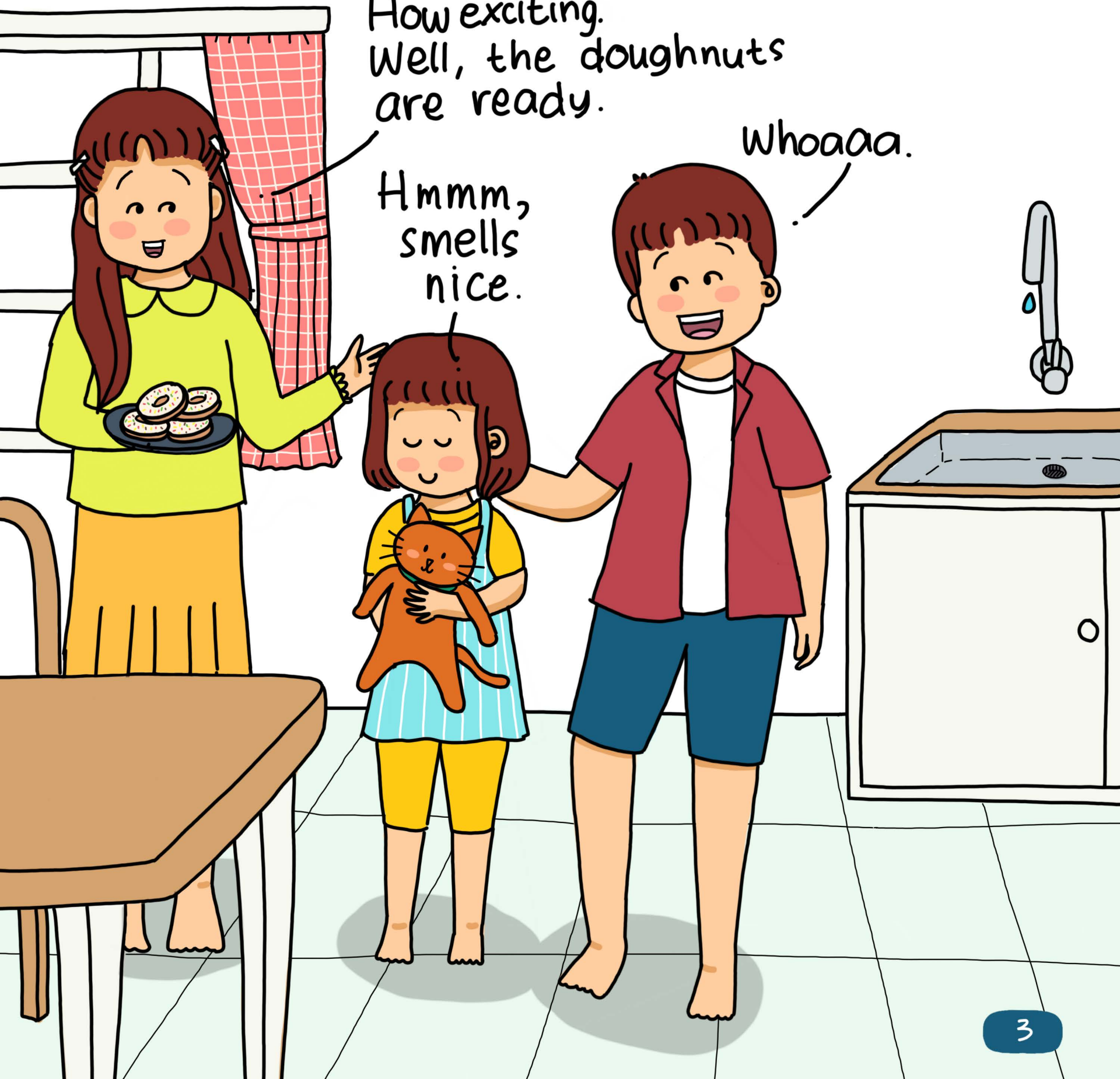
Hurray! Mommy
is making
doughnuts!

Yippee!

How exciting.
Well, the doughnuts
are ready.

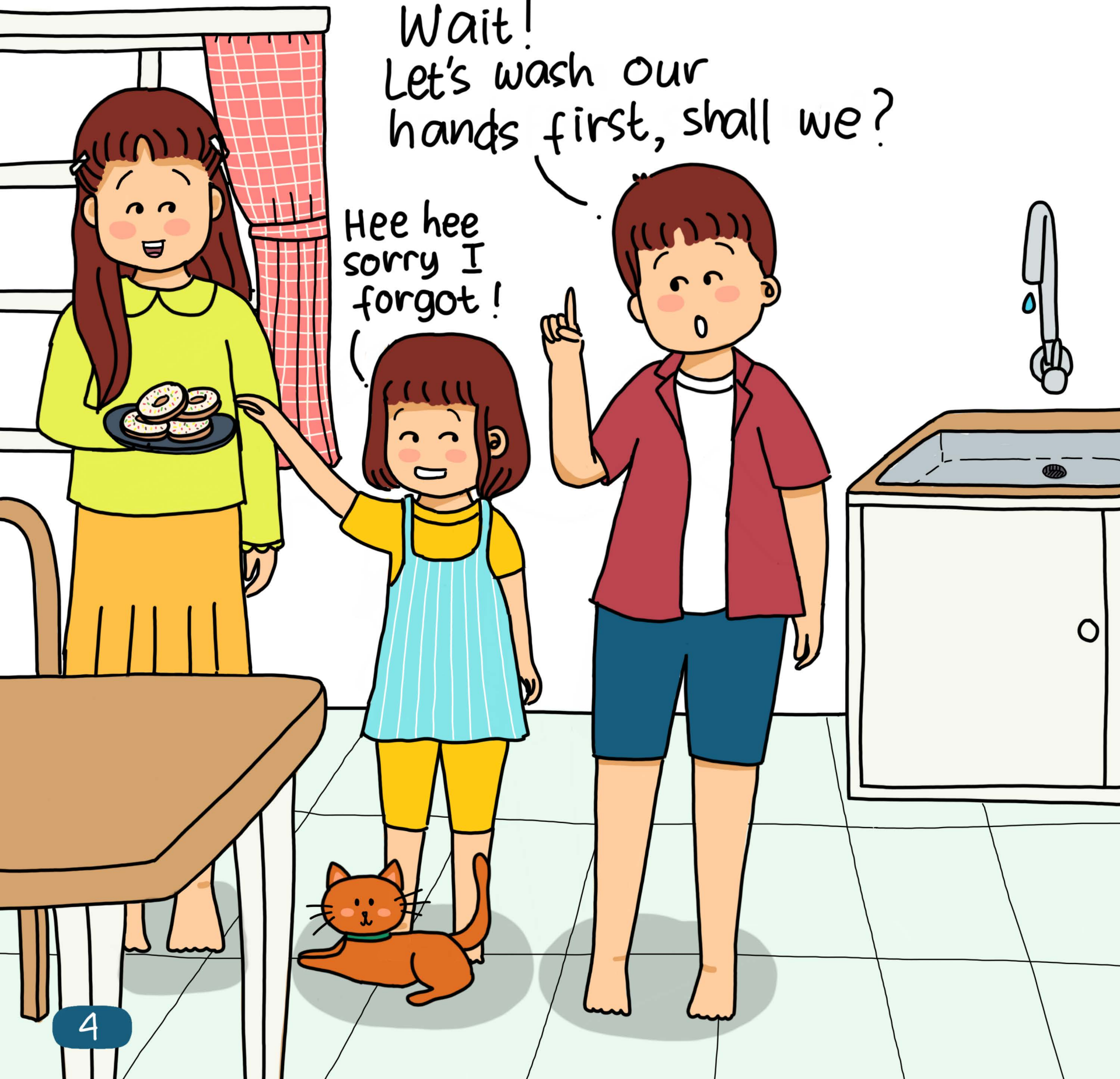
Hmmm,
smells
nice.

Whoaaa.



Wait!
Let's wash our
hands first, shall we?

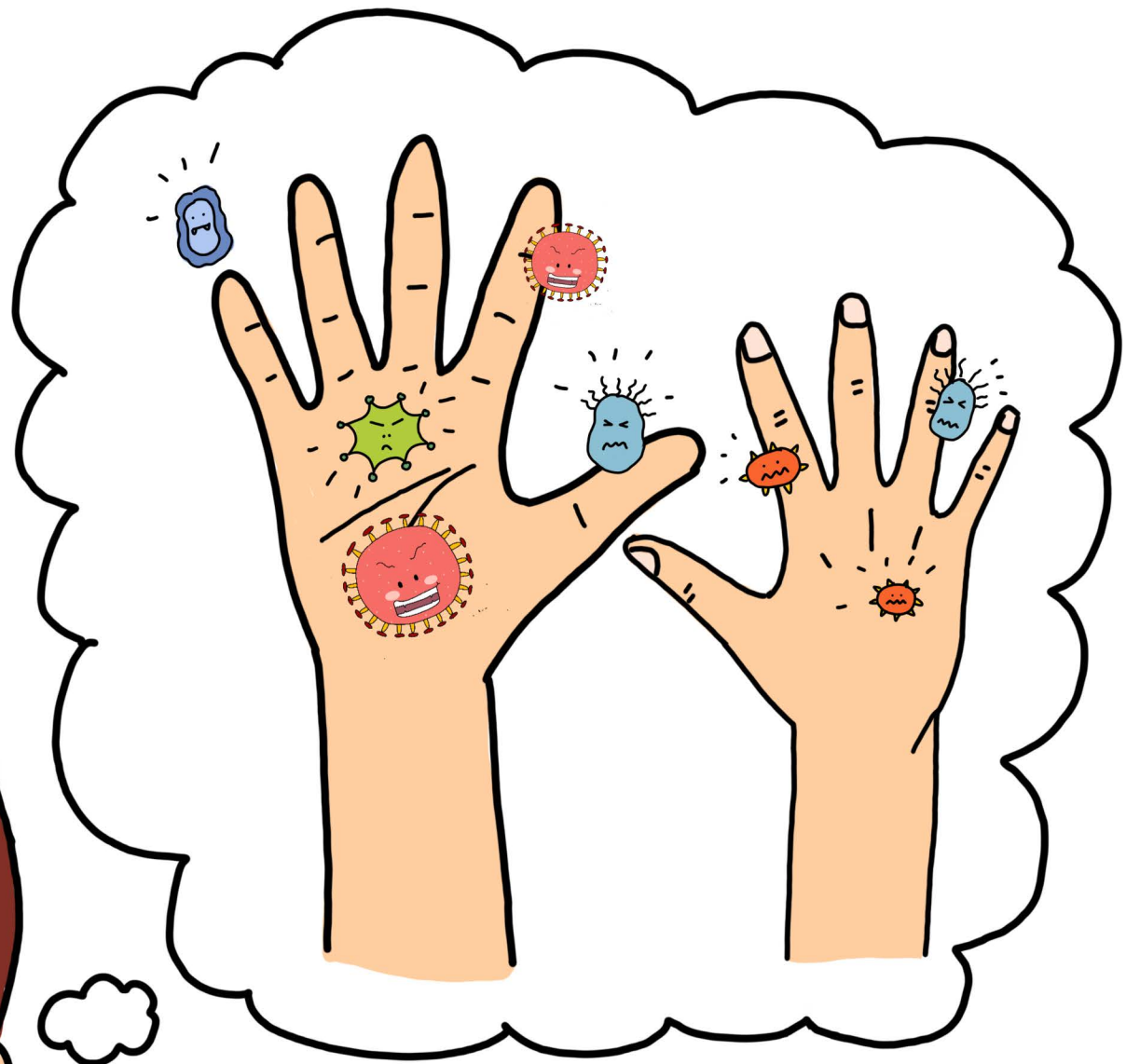
Hee hee
sorry I
forgot!



How
quick?

It's all wet
and clean,
look!





If you wash your hands that way, bacteria and viruses will stay. Wash your hands well, ok.

How to wash your hands :

① Wet your hands



then turn off the tap.



2

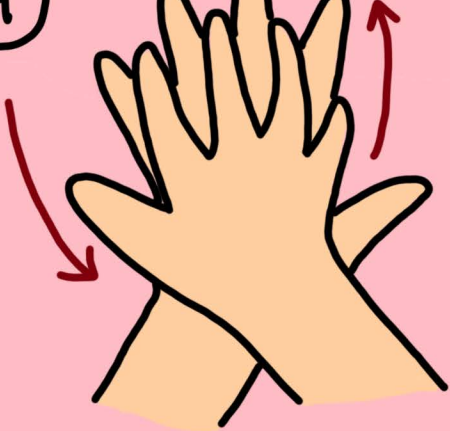


Apply a good amount of soap on your hands.



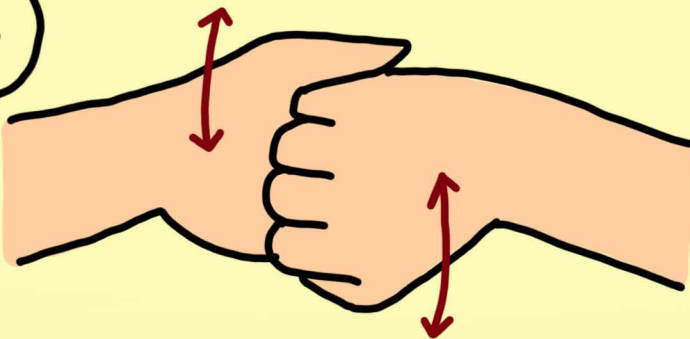
Lather your hands by rubbing them together

④



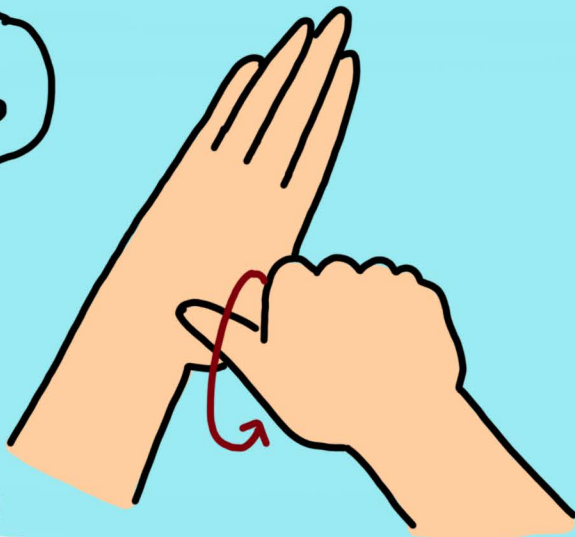
Lather the backs of your hands and between your fingers.

⑤



Rub the back of your fingers to your palm in an interlocking position.

⑥



Hold and lather your thumbs with a rotating motion.

7



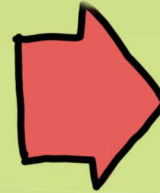
Rub the tips of your fingers onto your palm so that your nails can be lathered and clean.

8

Turn on the tap.



Rinse your hands with running water.

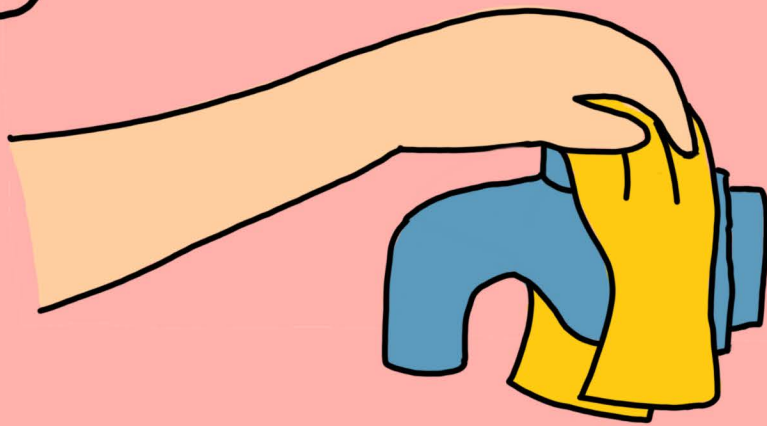


9



Dry your hands with a clean or disposable towel.

10



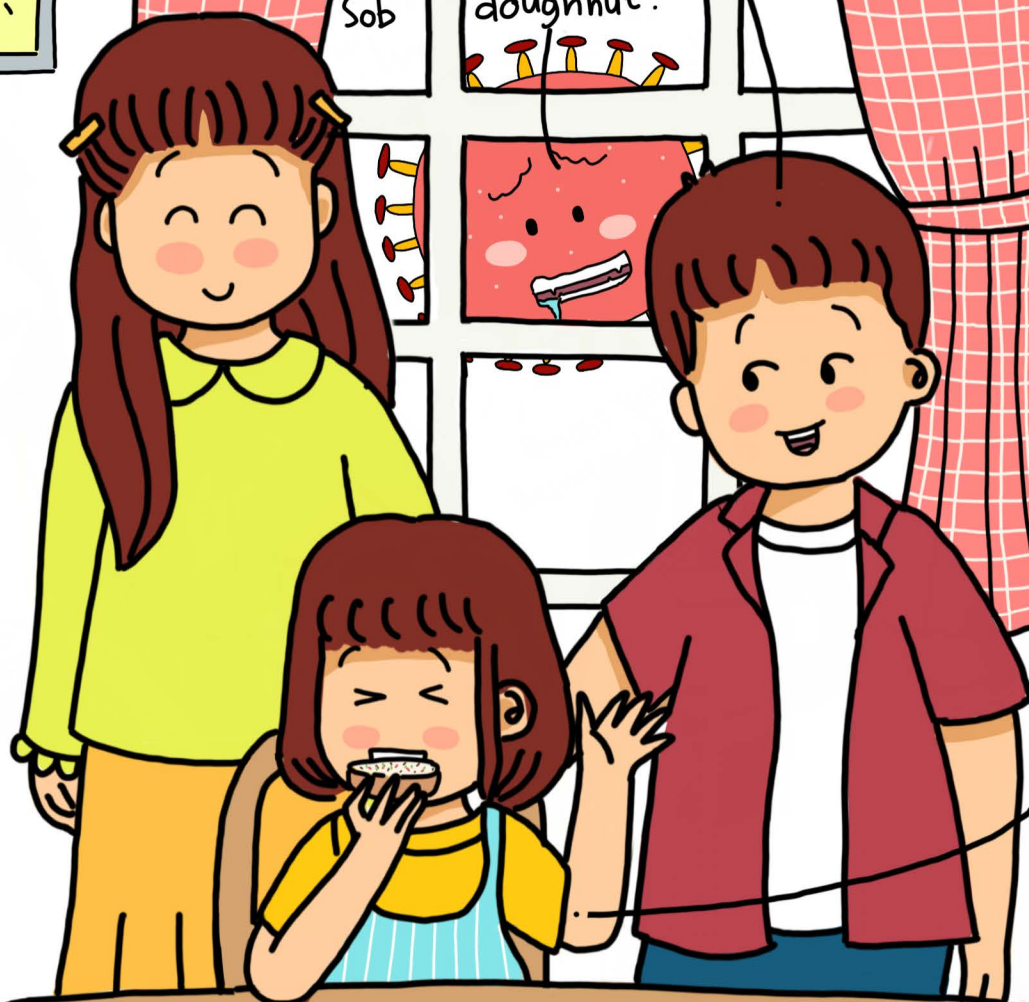
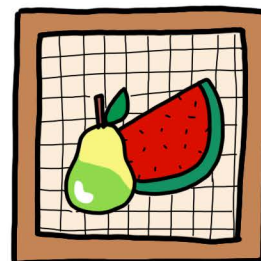
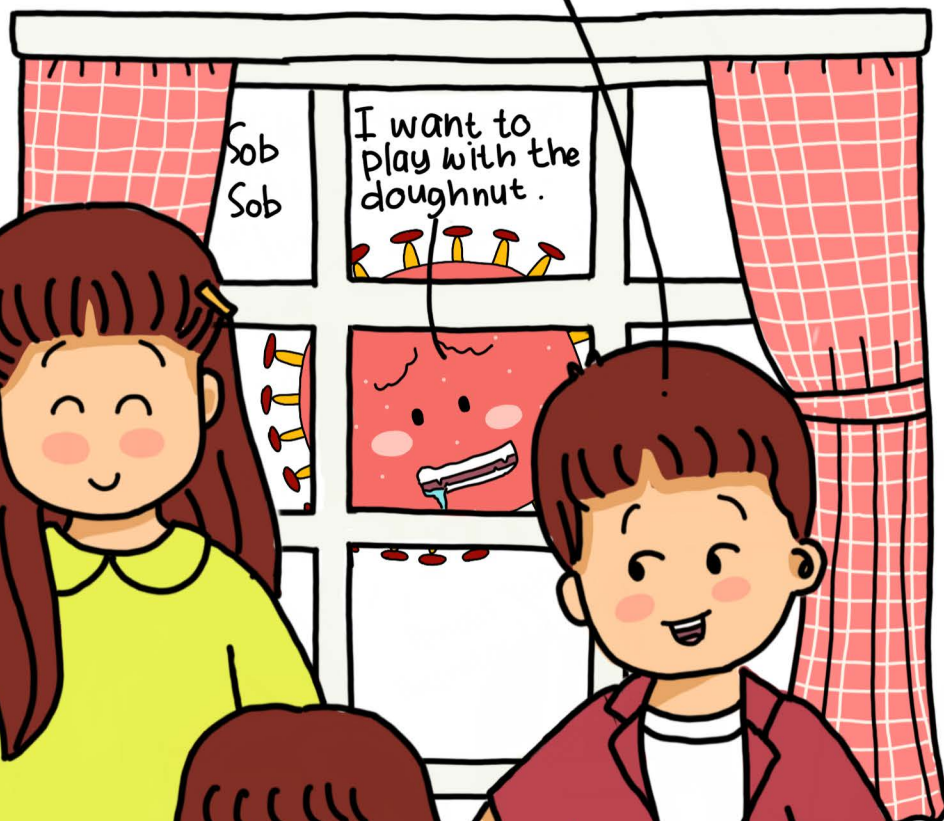
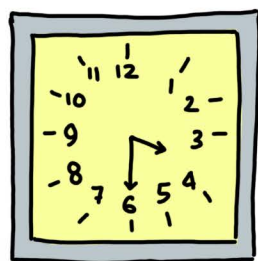
Use the towel to cover your hands when turning off the tap to keep your hands clean.

11



Remember, always wash your hands for at least 20 seconds before meals, after playing, touching your pet, going to the loo, coughing, and sneezing.

Well, now they
are perfectly clean!



Time
to eat!
Om
nom
nom.



Writer : [@watiekideo](#)

A work-at-home mom who dedicates her time to write stories for children.



Illustrator : [@Lunamira_doodle](#)

A happy mom who loves illustrating children's book.

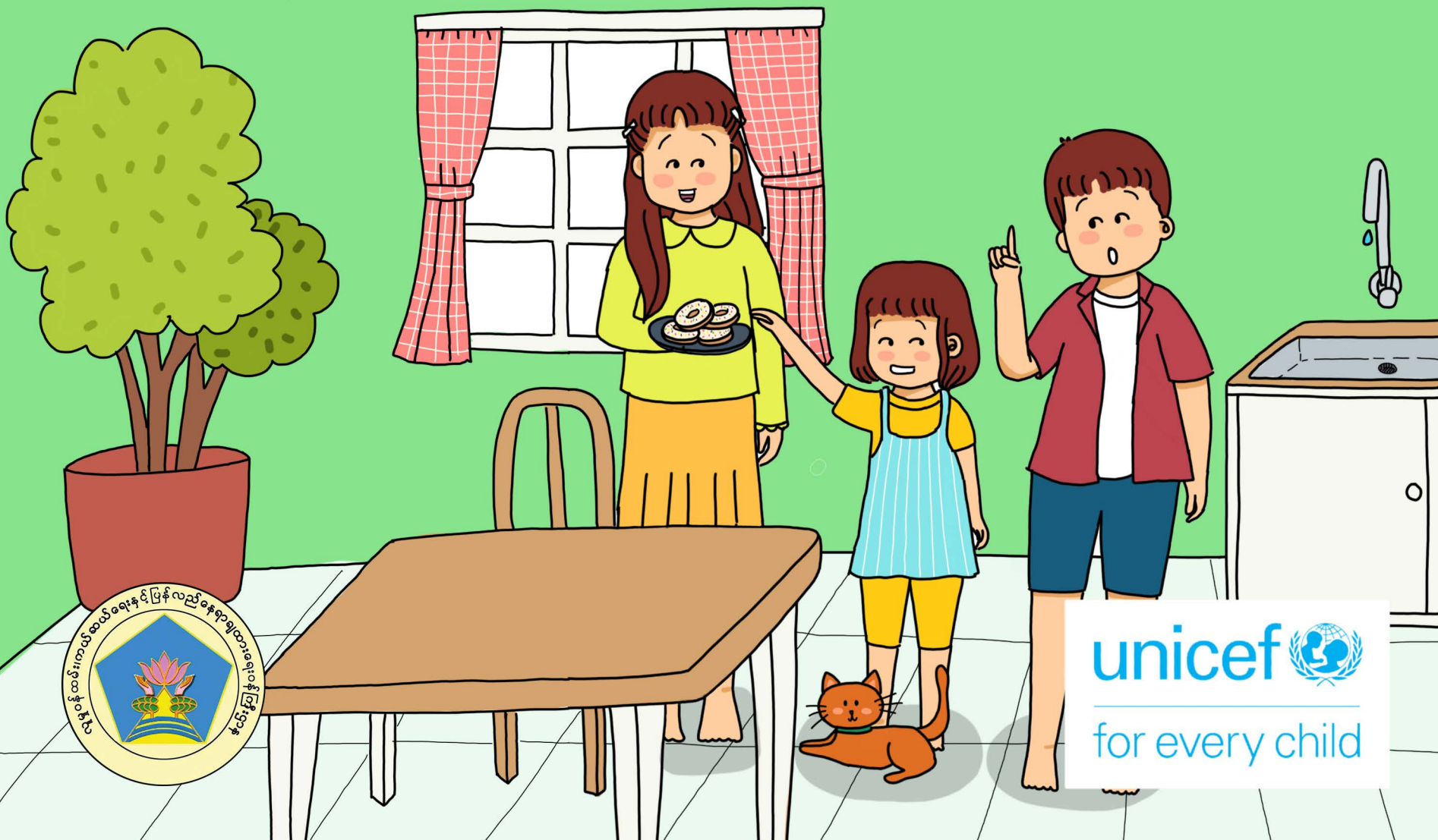


Translated by : [@fitriakurn7](#)

A full-time mom and lecturer who loves writing children's book.

Washing your hands is a simple way of protecting yourself from bacteria and viruses.

But, did you know? You have to wash your hands well. How to do it? Let's read this storybook, shall we?



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