



1

Wash your hands before you eat.

2

Wash your hands with lots of soap & water

3

Wash your hands after you've been to the toilet

4

Keep your fingernails clean & short

5

Wash your hands after playing outside

5
top tips

for clean hands

Toi Te Ora
Public Health Service
BAY OF PLENTY DISTRICT HEALTH BOARD
Serving Bay of Plenty and Lakes Districts