



**before and
after dinner**

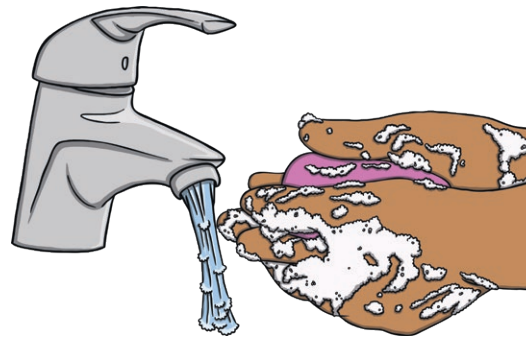


before cooking



**after blowing
your nose**

When To Wash



Your Hands



**after using
the toilet**