

# WASH YOUR HANDS...



**BEFORE...**

Eating food



**AFTER...**

Going to the toilet



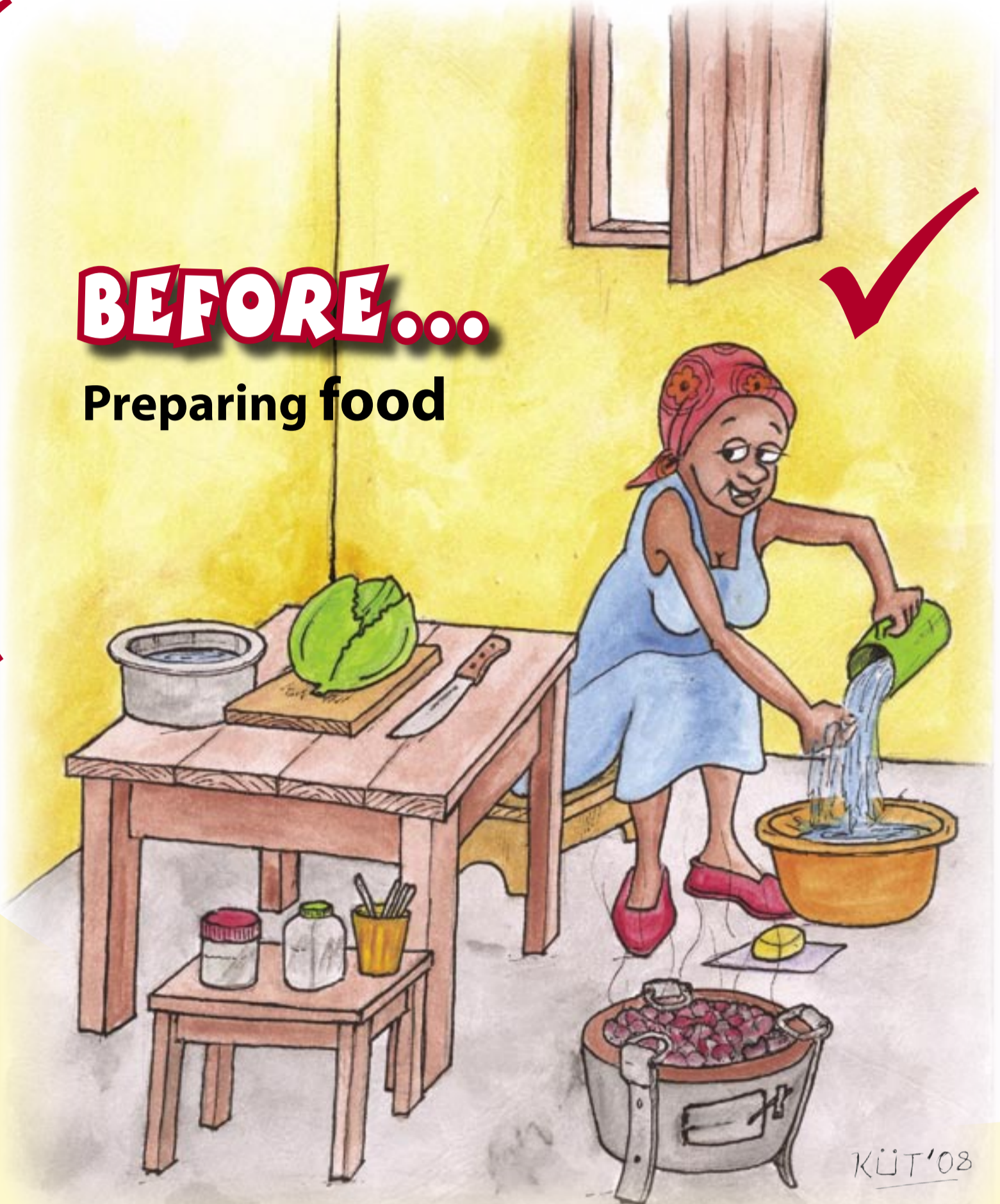
**AFTER...**

Working in the field



**AFTER...**

Cleaning the baby



**BEFORE...**

Preparing food

**... TO PROTECT**

**YOURSELF FROM DISEASE**

