




DO YOU
KNOW HOW I
KEEP
MY HANDS
FREE OF
GERMS?

www.mom-nd-me.com

A pixelated, low-resolution image of Mickey Mouse. He is wearing his signature red shorts with white buttons and yellow shoes. He has his hands raised in a gesture, with his fingers spread. The background is a solid red color. The text is overlaid on a semi-transparent grey rounded rectangle in the center.

I FOLLOW
THESE
9
STEPS
TO
WASH MY
HANDS


www.mom-nd-me.com



STEP 1


**WET YOUR
HANDS AND
APPLY THE
SOAP**

www.mom-nd-me.com

A cartoon illustration of Mickey Mouse from Disney, shown from the chest up. He is wearing his signature red shorts with white buttons and yellow shoes. He is holding a bar of white soap in his right hand and has white soap suds on his left hand, which is raised towards his face. The background is a solid red color. The text is overlaid on a semi-transparent grey rounded rectangle in the center of the image.

STEP 2
RUB THE
SOAP
ON YOUR
PALMS AND
FINGERS

www.mom-nd-me.com



STEP 3

**RUB THE
BACK OF
YOUR HANDS
AND FINGERS**

www.mom-nd-me.com



STEP 4
RUB IN
BETWEEN
YOUR
FINGERS AND
THUMBS


www.mom-nd-me.com

A close-up, pixelated image of Mickey Mouse's face and upper body. He is wearing his iconic red shorts with white buttons and yellow shoes. The background is a solid red color. The image is framed by a semi-transparent, rounded rectangular overlay.

STEP 5

**RUB EACH OF
YOUR THUMB
ONE BY ONE**

www.mom-nd-me.com



STEP 6
SCRUB UNDER
ALL YOUR
NAILS ONE BY
ONE


www.mom-nd-me.com



STEP 7

**WASH YOUR
WRISTS FROM
FRONT AND
BACK**

www.mom-nd-me.com

A young child with dark hair is shown from the chest up, leaning over a white sink. They are washing their hands under a running faucet. The water is splashing. The background is a solid red color. The text is overlaid on a semi-transparent white rounded rectangle.

STEP 8
WASH YOUR
HANDS UNDER
WATER TILL
ALL SOAP IS
REMOVED

www.mom-nd-me.com



STEP 9
DRY YOUR
HANDS
WITH A
PAPER TISSUE

www.mom-nd-me.com



NOW
YOUR
HANDS ARE
AS CLEAN
AS MINE



www.mom-nd-me.com