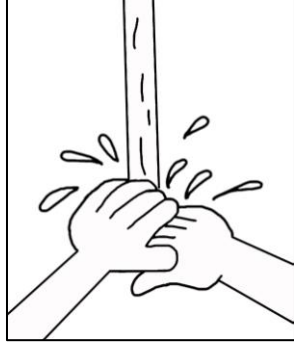


# Keep Yourself Healthy!

आफुलाई स्वस्थ राखुहोस !

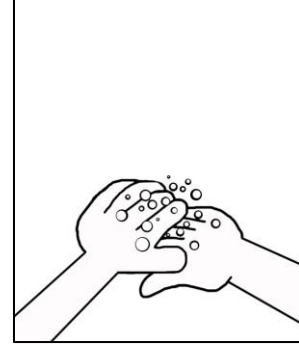
1



Wet your hands with water

हात पानीले भिजाउनु होस

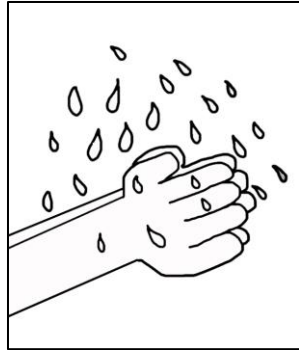
2



Lather your hands WITH SOAP properly

हातमा साबुन राम्ररी लगाउनु होस

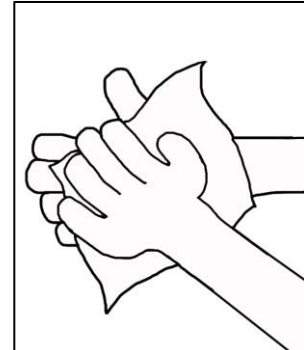
3



Rinse your hands

हात सफा गर्नुहोस

4



Dry your hands with a clean towel

अफ्नो हात सफा कपडाले पुछनुहोस

**Wash your hands with soap!**

साबुन पानीले हात सफा गर्नुहोस !

Clean Hands, Healthy Body