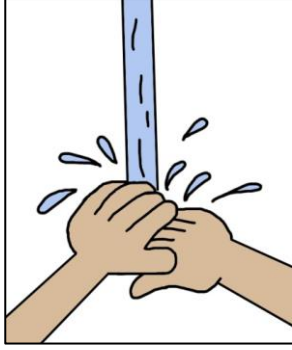


Keep Yourself Healthy!

आफुलाई स्वस्थ राख्नुहोस !

1.



Wet your hands with water

हात पानीले भिजाउनु होस

2.



Lather your hands WITH SOAP properly

हातमा साबुन राम्ररी लगाउनु होस

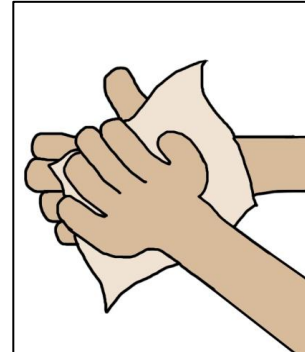
3.



Rinse your hands

हात सफा गर्नुहोस

4.



Dry your hands with a clean towel

अफ्नो हात सफा कपडाले पुछ्नुहोस

Wash your hands with soap!

साबुन पानीले हात सफा गर्नुहोस !

Clean Hands, Healthy Body