

Good health and hygiene

Wash your hands before  
every meal



Colour me



Good health and hygiene

Cover your face while sneezing



Colour me



**Good health and hygiene**

**Brush your teeth twice  
regularly**



**Colour me**



Good health and hygiene

Comb your hair

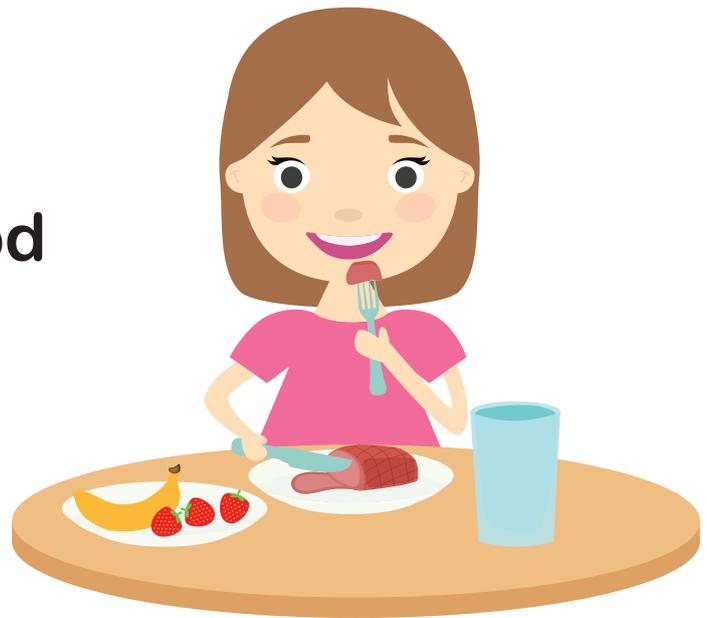


Colour me



Good health and hygiene

Eat healthy food



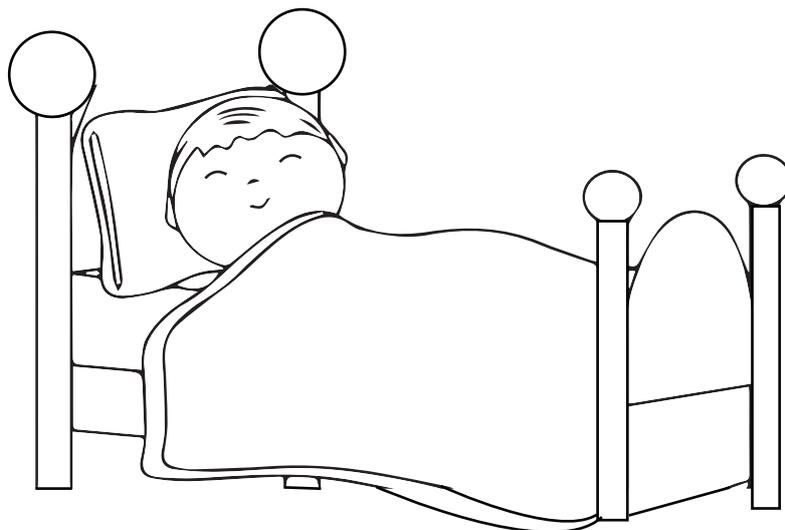
Colour me

Good health and hygiene

Go to bed  
early

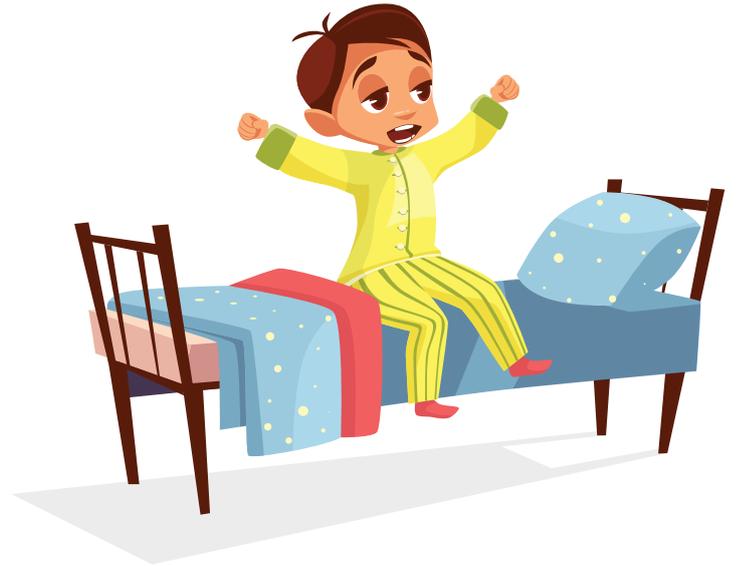


Colour me



Good health and hygiene

Wake up early



Colour me



Good health and hygiene

Take a bath



Colour me

