THE EAGLE EYE

THE GREAT CRICKET COLOUR IN

What's the Best Way to Wash Hands? Here's how to scrub those germs away.

Wet your hands with clean, running water.
Make sure the water isn't too hot for little hands.

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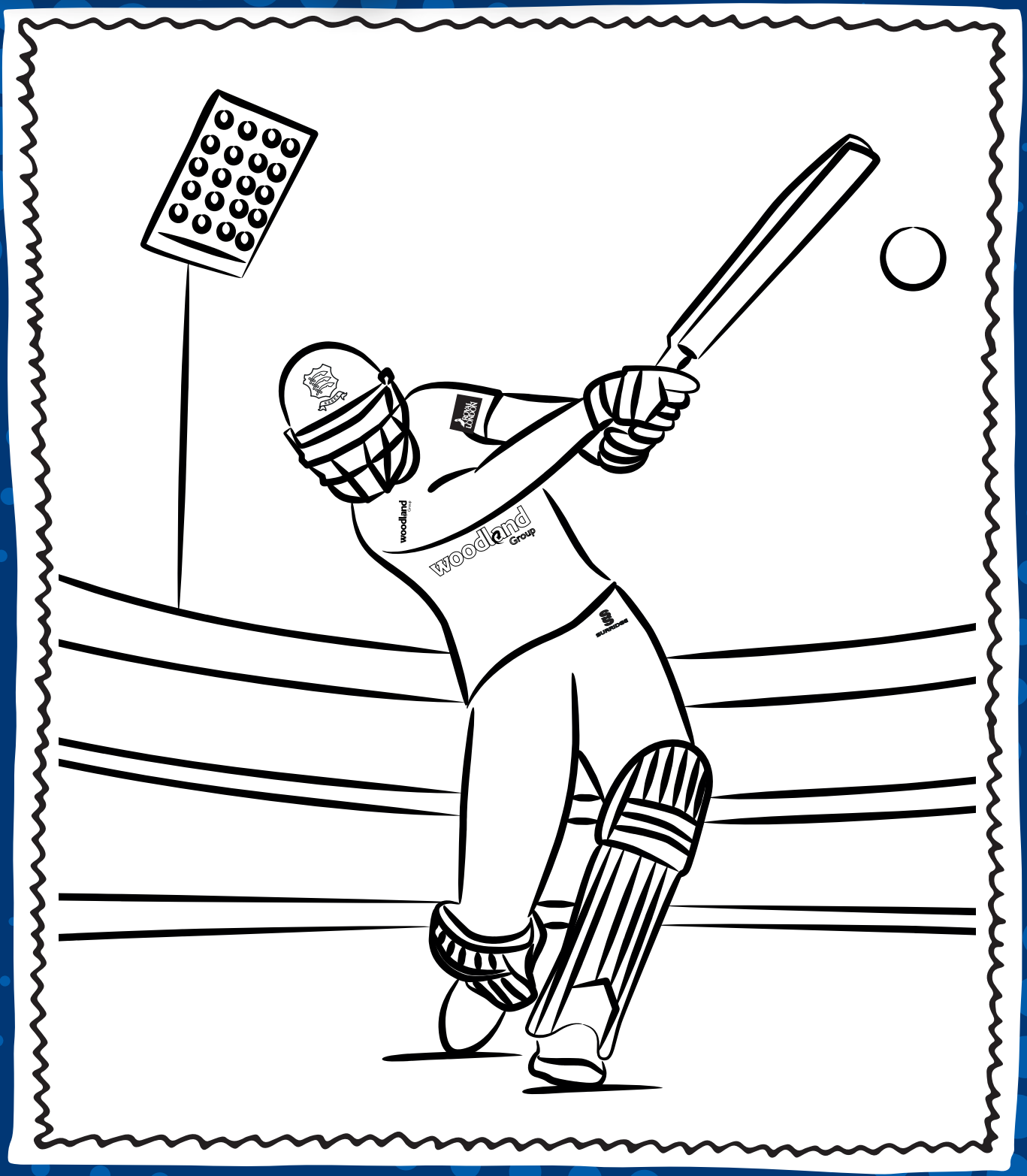

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Use soap and lather up for about 20 seconds.

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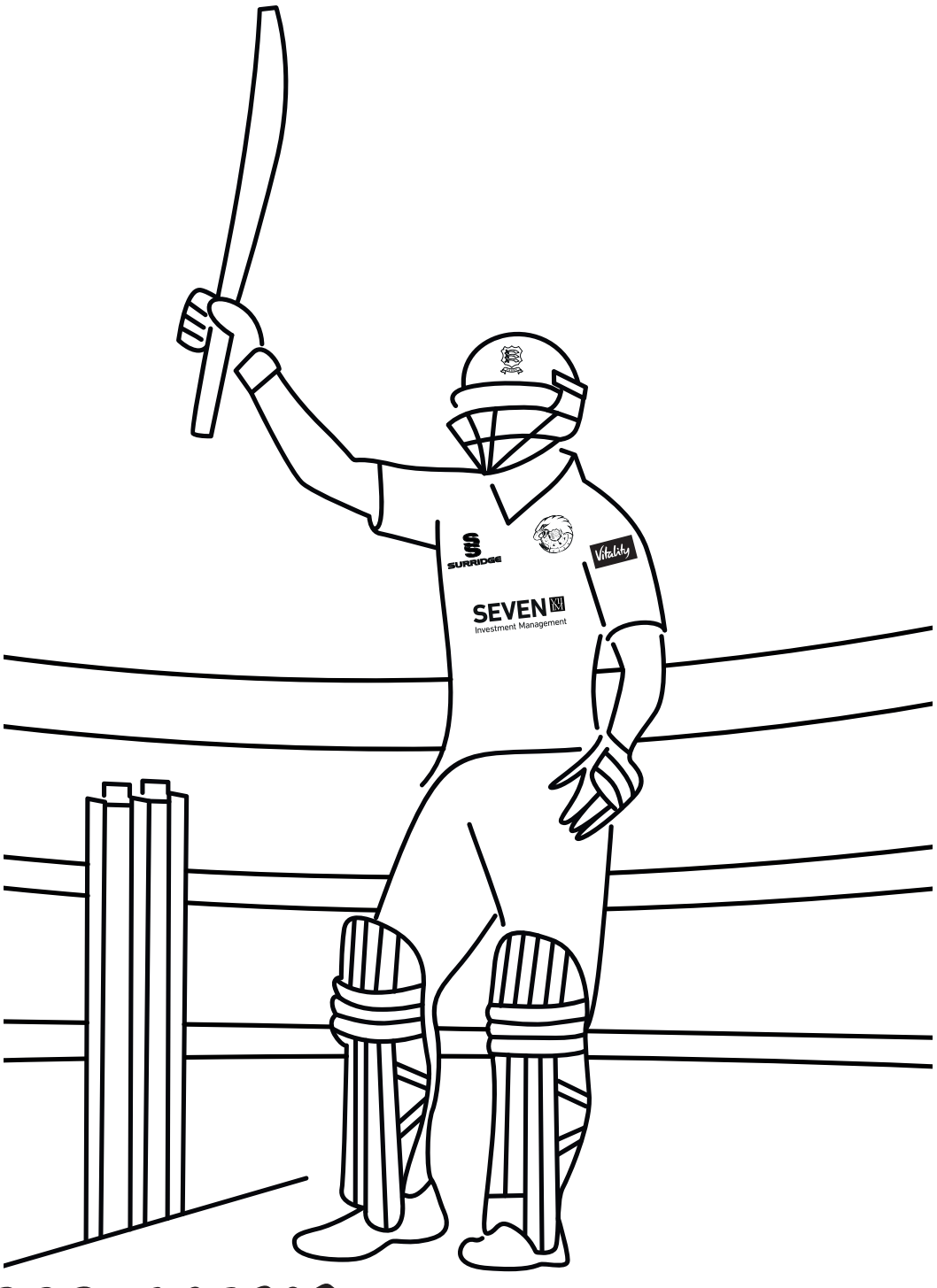

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Make sure you get in between your fingers, on the backs of hands, and under the nails where germs like to hang out. Don't forget the wrists!

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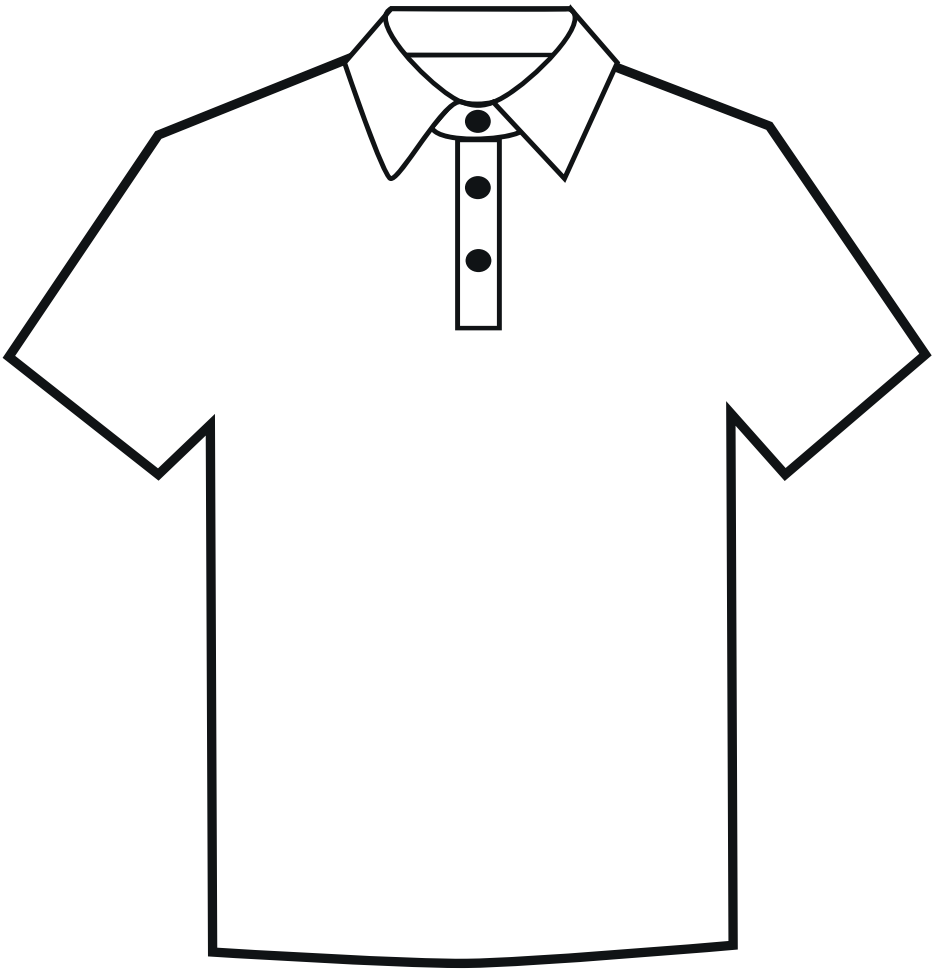

HAVE A GO AT DESIGNING YOUR OWN SHIRT!

Cloudfm D&B SCAFFOLDING LTD SEVEN Investment Management woodland Group Vitality BLAST ROYAL LONDON CUP COUNTY CHAMPIONSHIP

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Rinse and dry well with a clean towel.