

## How to use hand gel

	<p>It is very important to use hand gel.</p>
	<p>Roll up my sleeves.</p>
	<p>Put hand gel onto my hands.</p>
	<p>Rub my hands together.</p>



Rub my fingers.



Rub the back of my fingers.



Rub my thumbs.



Rub the tips of my fingers.