

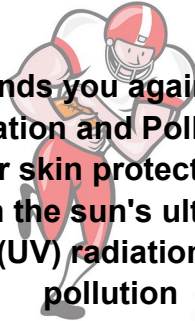
Skin: Your Best Defense

Your skin is your largest organ. Skin is your first line of defense against the outside world.

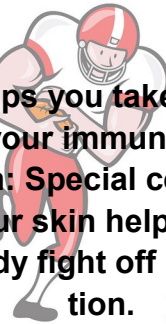
Cup hand Stack your line of Defense:



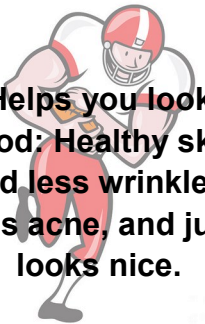
Defends you against disease and infections: Your skin protects your body from harmful germs and bacteria.



Defends you against UV radiation and Pollution: Your skin protects you from the sun's ultraviolet (UV) radiation and pollution



Helps you take care of your immune system: Special cells in your skin help your body fight off infection.



Helps you look good: Healthy skin had less wrinkles, less acne, and just looks nice.

5 Steps for Effective Handwashing

Ping Pong Toss: Each step is in a cup. Line the steps up as you get the ping pong in the cup.

1. Wet your hands with clean, running water and apply soap
2. Rub the soap on your hands. Remember to do the backs of your hands, between your fingers, and under your nails.
3. Rub for at least 20 seconds.
4. Rinse your hands well under clean, running water.
5. Dry your hands with a clean towel or air dry them.

If you don't have soap and clean water to wash your hands, you can use hand sanitizer. Hand sanitizers may not get rid of all the germs and does not work as well if your hands have visible dirt or grease.

