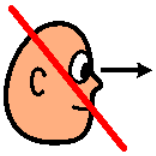
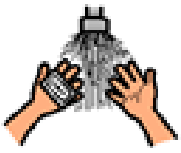
Washing Your Hands

Coronavirus is an illness. Coronavirus can make people ill.

We can't see the coronavirus germs.

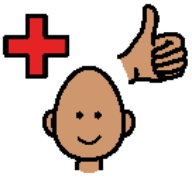


The coronavirus can be passed on by touching things and people.



There are times when everyone should wash their hands. Washing your hands helps keep germs away.

Washing hands is important. It helps keep people healthy.



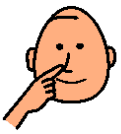
When you should wash your hands:

Wash your hands before and after you eat

After you sneeze or cough

After going to the toilet

After your blow your nose

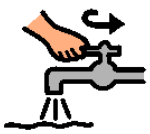


After touching your face

When you arrive or leave somewhere

How to wash your hands:

I will try to do to get my hands really clean:



Turn on the tap

Wet your hands

Rub soap or hand wash on your hands. Rub the back, palms, fingers and thumbs.

Wash your hands for 20 seconds. Make lots of bubbles.

20

- You could sing Happy Birthday two times
- You could count 1 elephant, 2 elephants, 3 elephants up to 20 elephants

Rinse your hands and turn off the tap

Dry your hands using a towel