

Washing Your Hands Covid-19

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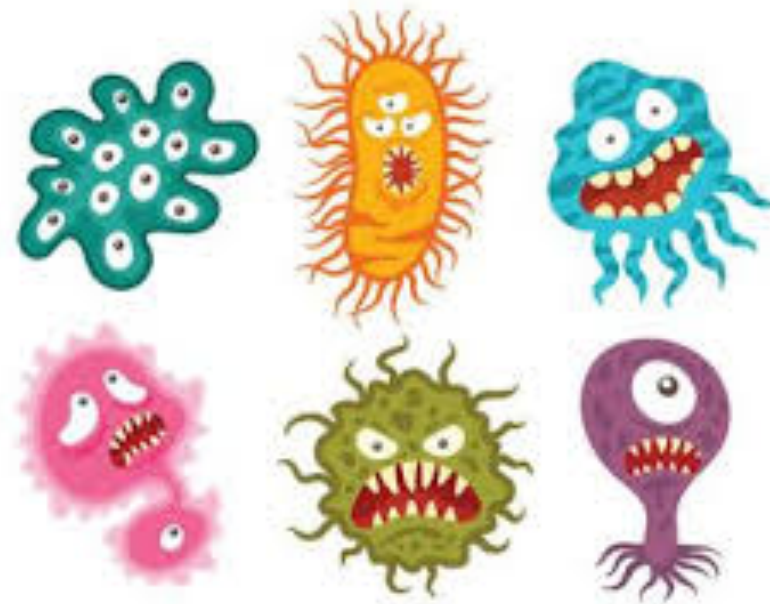
What?

Washing our hands is VERY important



Why?

We need to wash our hands to make sure that we get all the germs off of them



When?

We need to wash our hands as often as we can and especially before we touch our face, eyes, mouth or nose. We need to wash them before we eat, after we eat and after we have touched any surfaces.



How?

We need to wash our hands with soap and water or use hand sanitizer. We have to wash all the parts of our hands and wash them very well.



First

We need to wet out hands with some water.



Second

We put some soap on our hands.



Third

Rub your hands together, making sure you rub between your fingers, rub the tops of your fingers, your nails and your wrists.



Fourth

We need to rub our hands for at least 20 seconds. You can sing the Happy Birthday song twice if you don't feel like counting.



Fifth

We rinse off all of the soap from our hands.



Sixth

Turn off the water by using a paper towel or cloth.



Seventh

Dry your hands with some paper towel or a cloth, otherwise let them dry by shaking them a bit in the air.



Who?

Everyone needs to wash their hands as often as possible.
This helps us to not spread the Corona Virus to others.

