

Learning to wash hands *carefully*

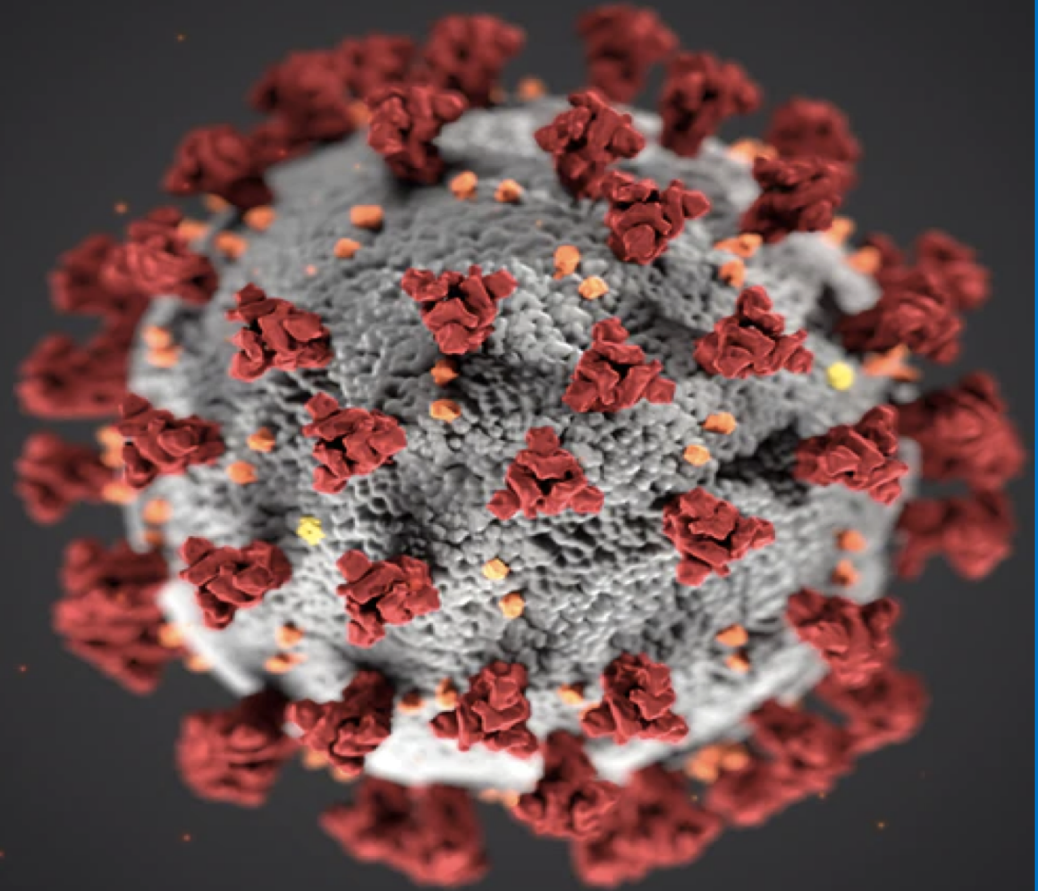
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Everyone gets dirty hands sometimes. This is okay. Children and adults can see the dirt and learn to wash it off with soap and water. Many children and adults already know how to wash dirt off their hands.



When a virus is about it is important to wash hands more carefully and more often. This is because we cannot see a virus. Washing hands *more carefully* helps keep us healthy. All children and adults are now learning how to wash hands again, more carefully.



The World Health Organization (W.H.O.) has asked all people to follow the following steps when washing their hands.



Here are the steps:

First turn on the water.

It is important to use warm water, taking care the water is not too hot.



Step 1

Put soap on the hands. Its okay to use liquid soap or a bar.



Step 2

Rub hands together to make lots of soap bubbles. Cover hands with soap all over the front and then all over the back, first one hand then the other hand.



Step 3

Rub one hand over the back of the other hand with fingers in between each other like this....

Swap hands and do the same with the other hand.



Step 4

Make a wigwam shape with interlocking fingers and move hands to clean between the fingers like this



Step 5

Tuck the fingers of one hand under the fingers of the other hand to clean the tips of fingers like this...



Step 6

Clean all around the
bottom of each
thumb like this....



Step 7

Rub the fingers of one hand round and round on the palm of the other hand to clean the palm like this ...



Step 8

Rinse all the soap off hands...



Step 9

Dry hands carefully with a dry towel.....



Step 10

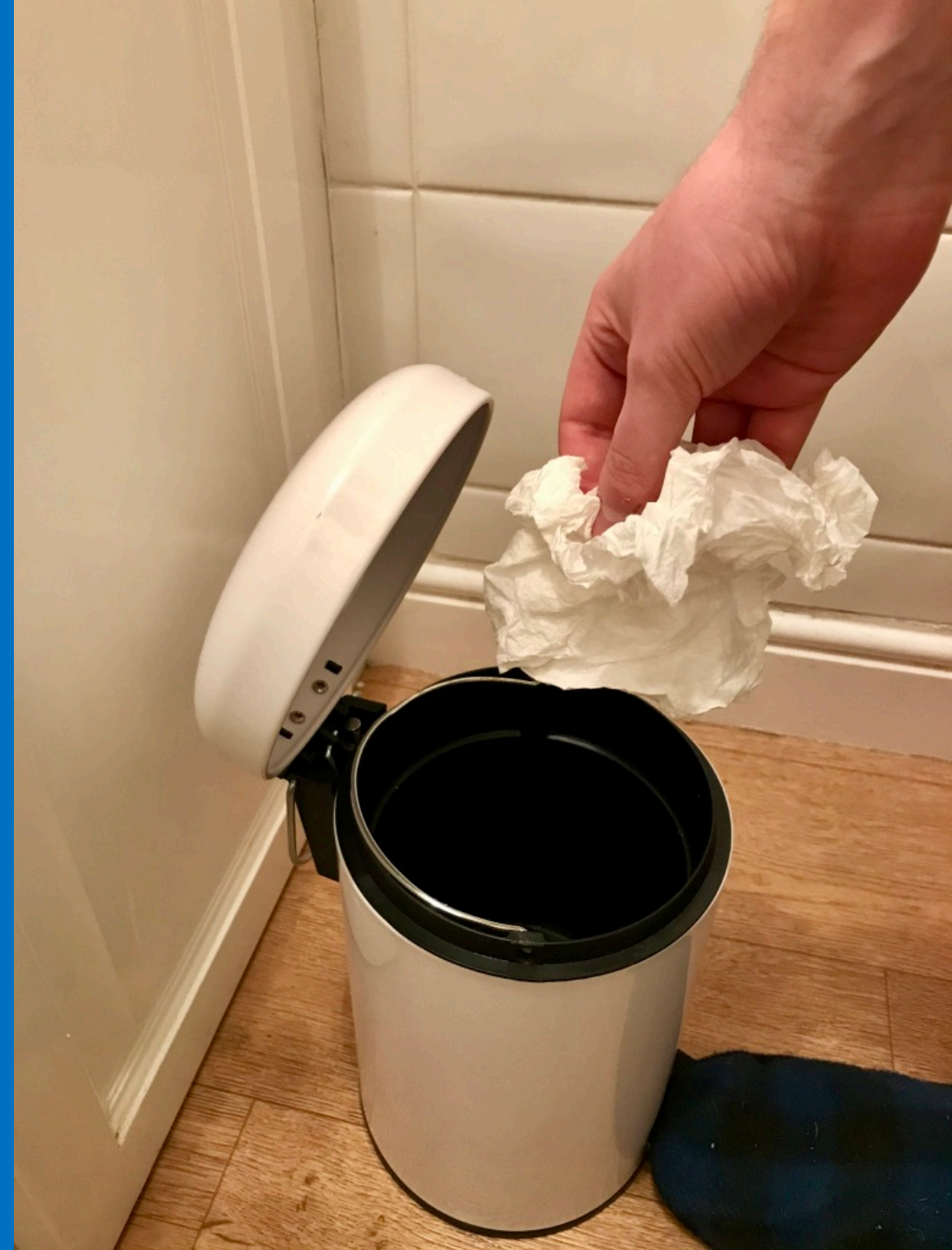
If using a paper towel, use the towel to turn off the tap.

If drying hands with a hand towel at home use a clean tissue to turn off the tap.



Step 11

Throw the paper towel or tissue
in the bin



I will try to follow these steps to
wash my hands carefully.

This will help keep me healthy for
when things return to normal.

