

How to be a hand washing superhero

Different viruses can make us feel poorly. The coronavirus is a virus making some people feel very poorly.

I can be a hero and help stop the virus spreading by washing my hands.

Soon, I might be going back to school at Red Oaks. The grown-ups there are looking forward to seeing me.



The grown-ups at Red Oaks will ask me to wash my hands lots.

When I wash my hands, I must...

- Wet my hands



- Use soap



Use soap.

- Scrub my palms



Scrub palm to palm.

- Scrub the back of my hands



Scrub back of hands.

- Wash between my fingers



Wash between fingers.

- Wash my thumbs



Wash thumbs.

- Scrub my fingernails



Scrub fingernails.

- Wash my wrists



Wash wrists.

- **I will do this for as long as it takes for me to sing the Happy Birthday song two times.**

- Rinse my hands



Rinse hands.

- Dry my hands



Dry hands.

Everyone at Red Oaks will wash their hands like this.

I will be a hand washing superhero.

