

How to wash my hands

Different viruses might sometimes make us feel poorly. Coronavirus is one of those viruses which right now is making some people feel very poorly. Viruses can be spread on surfaces or by person to person.

An important way I can stop viruses spreading is by washing my hands.

Soon, I might be returning to school at Red Oaks. The adults there are looking forward to seeing me.



We will all be asked to wash our hands more often than I am used to.

How we wash our hands is just as important as when we wash them. When an adult asks me to wash my hands I must...

- Wet my hands



- Add some 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 follow these steps for 20 seconds or as long as it takes to sing Happy Birthday twice.**
- Rinse my hands



Rinse hands.

- Dry my hands



Dry hands.

This is how I can keep myself and others at Red Oaks healthy.

The adults at Red Oaks will be very proud that I am so good at washing my hands.

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