Handwashing

with

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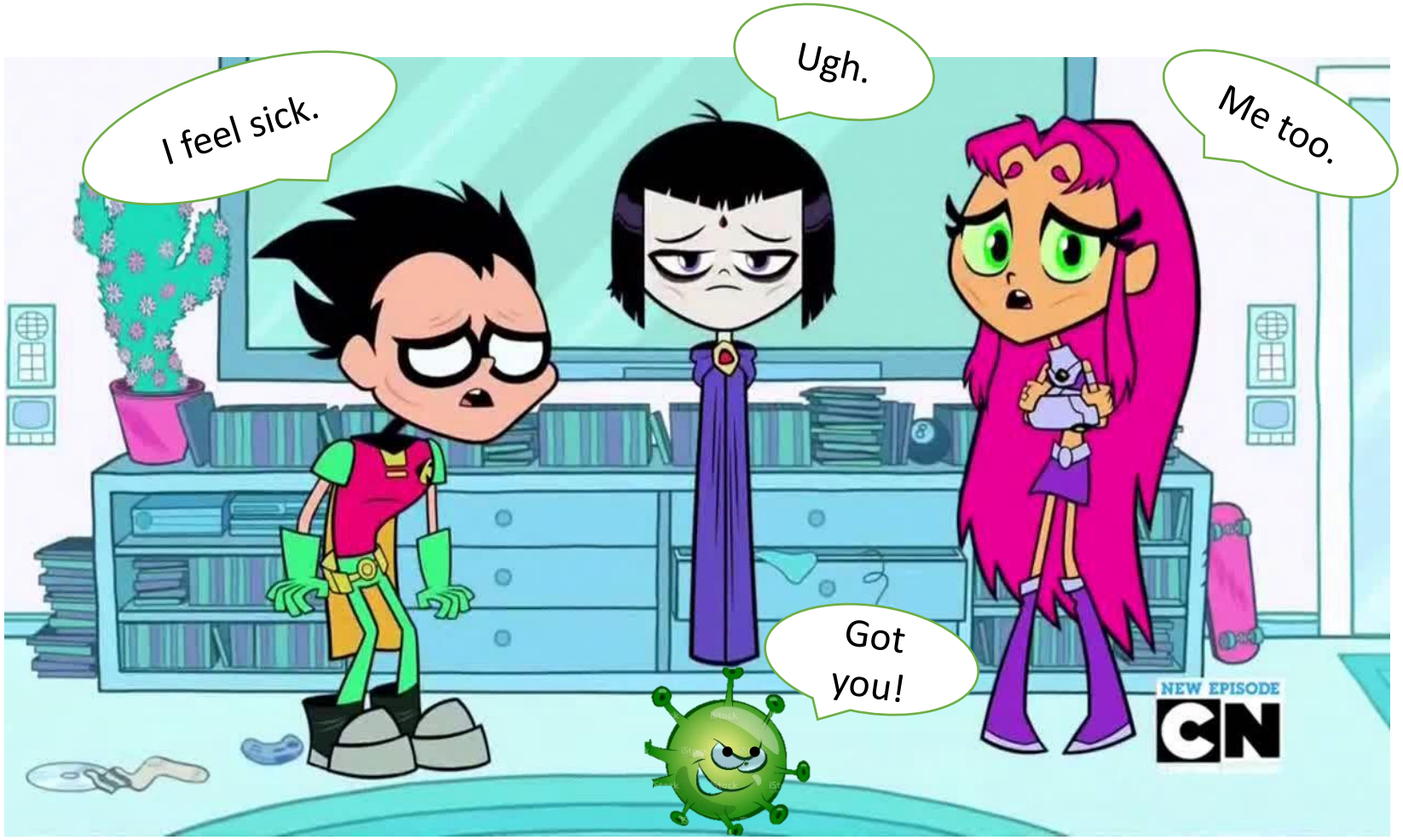
It is important to wash our hands.

This is because there is a virus called COVID-19.

Not washing our hands could get us sick.

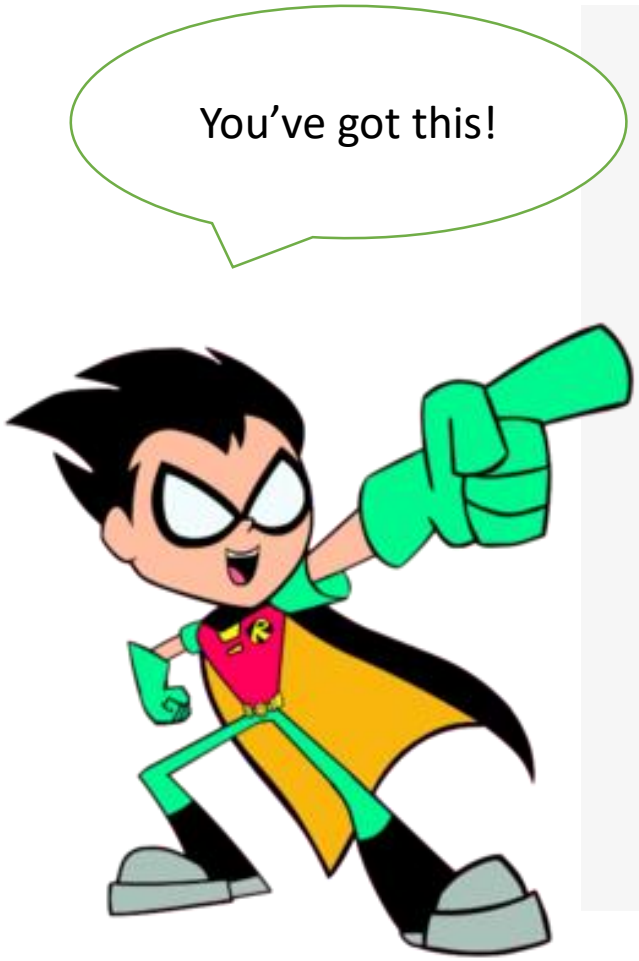


Germs are invisible. We can’t see them, but they can make us sick if we don’t wash them off.

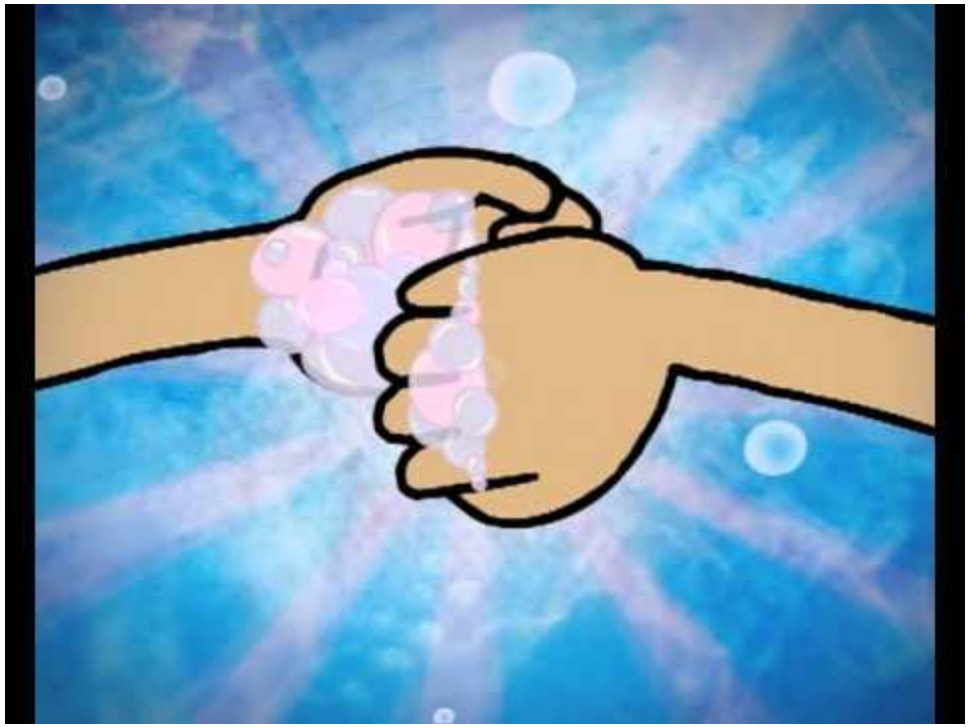
When I go into the bathroom, I will wash my hands.

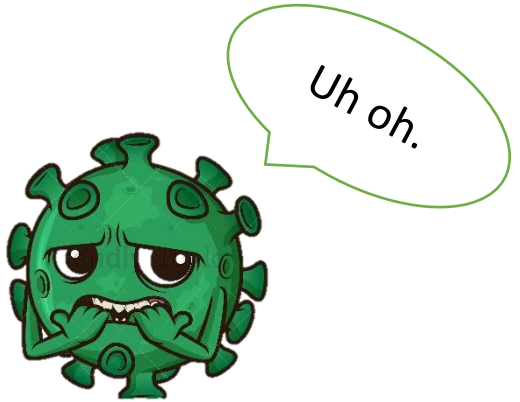
Washing my hands with soap and water is the best way to keep my hands clean and to prevent the spread of germs.

I need to put some soap on my hands.



I will then rub soap all over my hands, including the tops and bottoms, in between my fingers, my wrists, fingertips and my nails. Every part should be cleaned with soap.





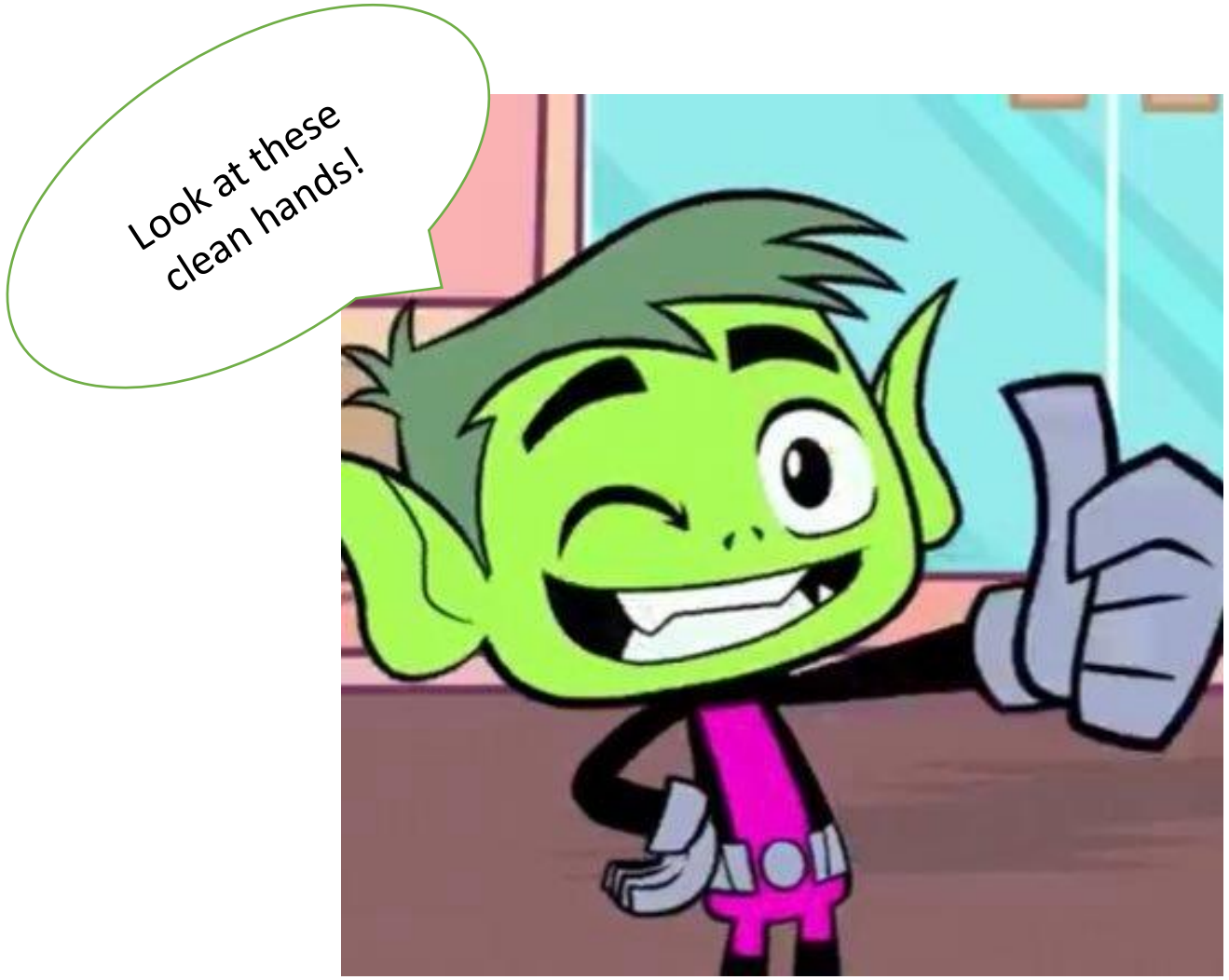
I should wash my hands for at least 20 seconds. I can sing my ABC's or sing Happy Birthday two times.

After I have scrubbed with soap for 20 seconds, I can rinse my hands with water.

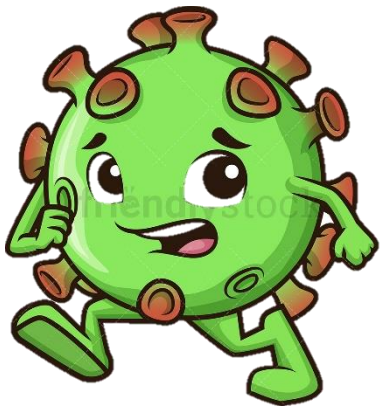
Now I need to dry my hands using a paper towel. Then, I need to throw the towel in the garbage when I'm done. Never throw it onto the ground.

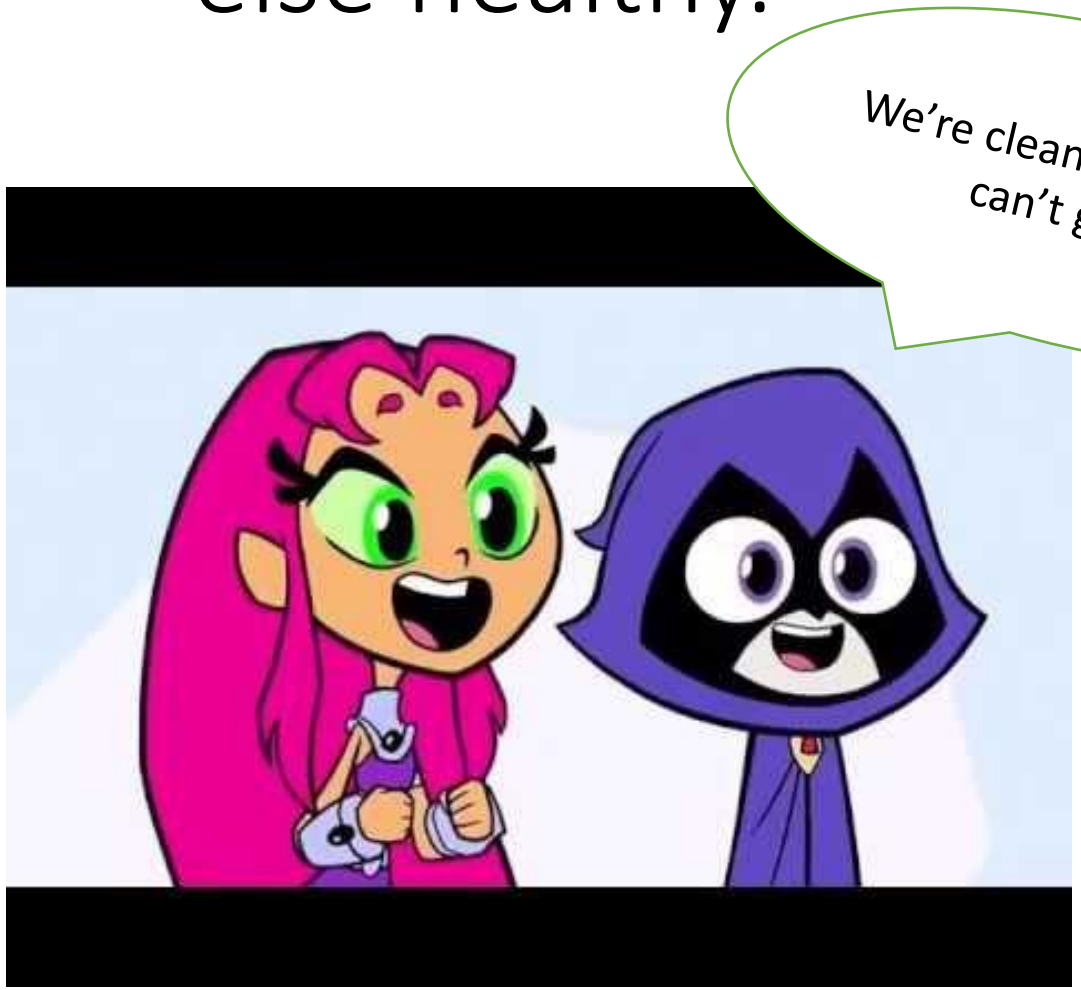
When I walk out of the bathroom all clean, everyone will be happy for me.

Now my hands are clean!



I know now how to keep myself and everyone else healthy.





CARTOON NETWORK
BE CLEAN
BE COOL

Soap & Water
Palm to palm
Between fingers
Back of hands
Thumbs
Back of fingers
Fingernails
Wrists