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.

I’m ready to wash the germs off.

You can’t get me!
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.

You’ve got this!
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.

Scrub those germs off!
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!

Look at these clean hands!
I know now how to keep myself and everyone else healthy.

We're clean! COVID, you can't get us!

I'm outta here!
BE CLEAN BE COOL