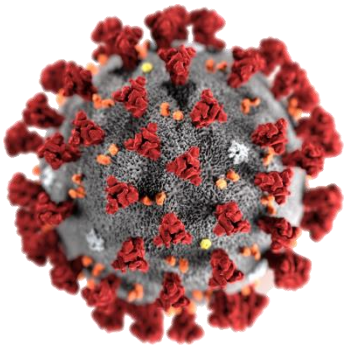
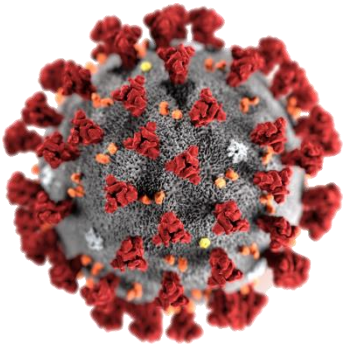
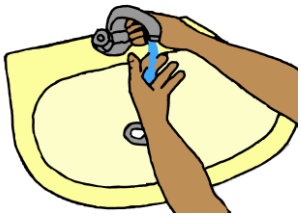




COVID - 19

Wash your hands

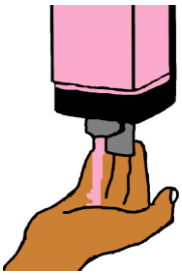


1. Put water on your hands

2. Roll your soap in your hands.

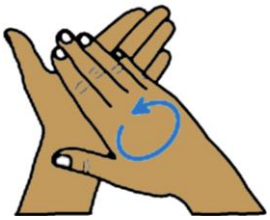
There needs to be lots of bubbles.

or



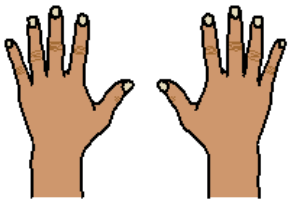
Put soap on your hands.

Cover your whole hand with the soap.



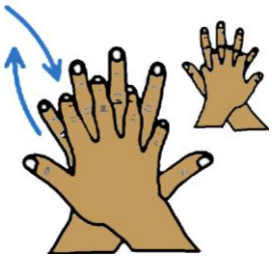
3. Rub your palms together.

This is the inside of your hands.



4. Put your hands facing down.

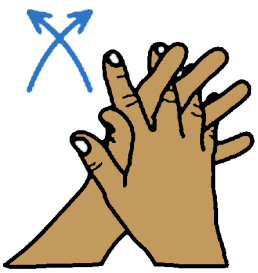
Now



Put one hand over the other hand.

You can now wash between your fingers.

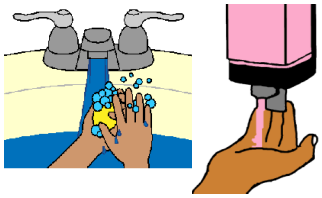
Swap your hands over.



5. Turn your hands to face each other

Spread your fingers.

Rub between your fingers again.



You may need some more soap and water now.

6. Make a loose fist with one hand

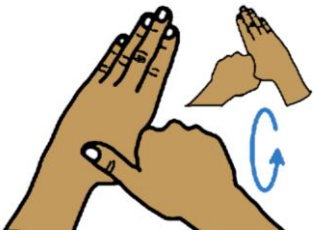
Put your other hand around your fist

Rub together.

This will get the back of your fingers.

You need to swap your hands over.

You have washed the back of all your fingers.



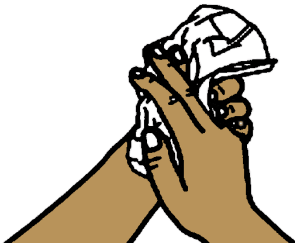
7. Hold your thumb in your other hand.

Rub around your thumb.

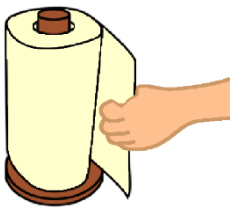
Swap thumbs. Wash your other thumb.

8. Put all your fingers of one hand together. Rub the top of your fingers in circles in the other hand. Swap hands

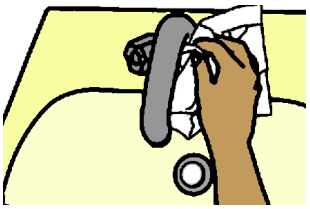
9. Put your hands under the water. Wash all the soap off.



10. Dry your hands.

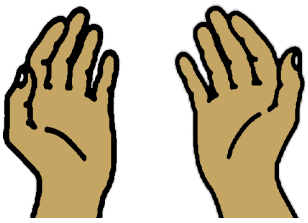


It is best to use paper towel.

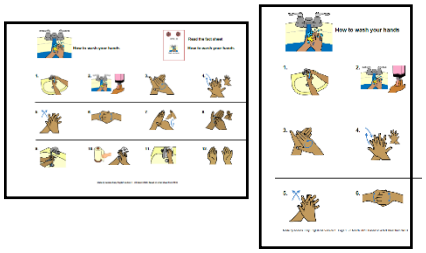


11. Use the towel to turn off the tap.

Put the paper towel in the bin

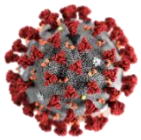


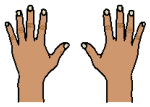
Your hands are clean now.

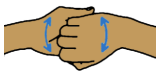


Get the poster. Put it on the wall in the

- bathroom
- kitchen.







Images

We have used images from

- Freepikpsd
- Mayer-Johnson
- Picto-Selector
- World Health Organisation.

This fact sheet is based on The World Health Organisation **Clean Care is Safer Care:**

Clean hands protect against infection.

Access Easy English

Access Easy English wrote the Easy English.

March 2020.