



The doctors and the scientists are the big world superheroes but I can be a superhero in my small world. If I wash my hands carefully, I can help to beat coronavirus and protect my family.



1. Roll up your sleeves if you have to.



2. Turn on the taps



3. Wet your hands



4. Squirt soap on your hands (or rub a bar of soap with your hands)



5. Rub your hands together to make some bubbles



6. Wash both sides of your hands



7. Wash in between your fingers and rub your nails



8. Wash the bubbles away



9. Turn the tap off



10. Dry your hands with a clean towel