



HOW TO WASH YOUR HANDS PROPERLY

Did you know that there are millions of microbes living under your fingernails? YIKES! Microbes include germs like bacteria and viruses. They are so small you can't see them. Viruses like the coronavirus are spread by hands and through droplets.

By washing your hands thoroughly, you protect and take care of yourself and others too. Handwashing with warm water and soap lifts the viruses and bacteria off the skin and sends them down the drain. It is important to dry your hands after washing them.

ALWAYS REMEMBER TO WASH YOUR HANDS

- when you come home
- after using the bathroom
- before you start eating
 - before cooking
- after coughing, sneezing or blowing your nose

ASSIGNMENT:

Make a video of how you wash your hands properly in your own style, playing the chorus of Wash Your Hands in the background.

Ask a family member to help you shoot the video or place the camera (phone) at a safe distance from the washbasin and film yourself washing your hands. Share your video using the hashtags #washthisaway #childrenteachadults #mimmit #tvättadinahänder #mimmitpåsvenska

EQUIPMENT:

- Water
- Soap
- A device for filming (phone)

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www.mimmit.com/washthisaway

