

How heroes wash their hands...

CAPTAIN HANDWASH SAYS: DON'T SPREAD GERMS!
Washing your hands properly to prevent infection is easy
— just remember to count to 9...

It's the hero way...

1



Wet your hands,
It's lots of fun,
Now add some soap,
That's number ONE.

2



Foam the soap,
It's great to do,
Then dip each finger,
That's number TWO.

3



Now rub your palms,
We're on to THREE,
Use lots of suds,
To make soap-eee!!

4



Link your fingers,
Rub some more,
Now really scrub,
That's number FOUR.

5



Rub back of hand,
You're now at FIVE,
Each finger soap,
So no germs thrive.

6



Thumbs are next,
So use some tricks,
Twist and circle,
That's step SIX.

7



Now step SEVEN,
Clean your wrists,
And grab each hand,
To give a twist!

8



Rinse soap off,
Now hands feel great!
Make sure soap's gone,
You've finished EIGHT!

9



Dry both hands,
We're now at NINE,
(And every finger),
Now we're fine!