

Challenge 11: The #Safehands Challenge

★ *Show the world where and how you wash your hands*

→ First, watch this video:

<https://www.youtube.com/watch?v=y7e8nM0JAz0>



Dr. Tedros Adhanom Ghebreyesus, WHO(World Health Organization) Director-General says: There are several practical measures you can take to protect yourself from the new coronavirus. One of the most important, safe and effective hand hygiene using soap and water or alcohol-based hand rub Here are the steps recommended by WHO to follow:

Use it to turn off tap.	Wet your hands with water.
Palm to palm, fingers interlaced.	Rinse your hands with water.
Apply enough soap to cover all hands surface.	Back of fingers to opposing palm fingers interlocked.
Right palm over left hand, interlaced fingers and vice versa.	Dry thoroughly with a towel.
Rub hands palm to palm.	Rotational rubbing with clasped fingers.
Rotational rubbing of left & right thumb.	

❖ **Copy the steps in the correct order on a piece of paper. (A good idea is to watch the video again and stop at each step). You can use this [TABLE](#).**



→ Second, watch the video again and again imitating the movements.

- ◆ Stick the steps list on the toilet mirror .
- ◆ Follow them every time you wash your hands.
- ◆ When you are an expert doing it, you are ready to join the safehands challenge and show the world where & how you wash your hands.
- ◆ Record a video, take photos or do drawings doing it.



to send the challenge steps table and the video,
photos or drawings to
CANIGOestemacasa@escolajave.cat
writing **CHALLENGE 11** and your name!