

## How to wash your hands

Washing your hands can help protect you against germs and illnesses. This video reminds us how to wash our hands effectively.

### Tasks

Do the preparation task first. Then watch the video and do the exercises. You can also read the transcript.

### Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

#### Vocabulary

1. .... the flu
2. .... a germ
3. .... to prevent something
4. .... a lather
5. .... the palm
6. .... the tip
7. .... to rinse
8. .... to protect

#### Definition

- a. to stop something from happening
- b. to wash off soap, usually with water
- c. the end of a finger
- d. to keep someone or something safe
- e. an infectious illness that causes fever and headache
- f. the flat, inner surface of your hand
- g. a very small organism that can cause illness
- h. lots of bubbles, produced when soap is mixed with water

### Task 1

Are the sentences true or false?

	<b>Answer</b>	
1. You can come into contact with germs in public places and at home.	True	False
2. You could get sick if you have germs on your hands and you touch your face.	True	False
3. Always wash your hands with liquid soap, not a bar of soap.	True	False
4. It's best to use cold water to wash your hands.	True	False
5. You only need to wash your hands for five seconds.	True	False
6. Washing your hands properly helps protect you and your family from germs and viruses.	True	False

**Task 2**

Write a number (1–6) to put these ideas in the order they are mentioned.

\_\_\_\_\_ Use soap and water to get a good lather on your hands.

\_\_\_\_\_ Dry your hands and use the paper towel to turn off the water.

\_\_\_\_\_ Rinse your hands.

\_\_\_\_\_ Wash the palms and the backs of your hands.

\_\_\_\_\_ Wash your fingertips as well.

\_\_\_\_\_ Get your thumbs and fingers nice and clean.

**Discussion**

Did you learn anything new from the video?

## Transcript

As you know, flu season is upon us. You're coming in contact with the flu virus and many other germs. They're on shopping carts, door handles, even around your house. You may not even realise how many times you're touching your nose, your mouth, your eyes, and you're going to get sick from it.

The best way to prevent this is to wash your hands with a good old-fashioned bar of soap. The first thing you want to do – turn on the water to a warm temperature, get a good lather going in your hands. Be sure to wash the palms of your hands. Take that, wash the back sides as well. Try to focus on getting your thumbs nice and clean and soapy, and in between your fingers. And, if you can, make sure you wash the tips as well.

When you're all done, rinse off your hands, take a paper towel, dry off, use the paper towel to turn off the water.

The best length of time to wash your hands is 20 seconds. If you want something a little more fun, you can hum 'Happy Birthday' in your head two times, and you'll be just great.

Protect yourself, protect your family this season against all the germs and viruses that are out there.

Clean hands for a healthy life.

## Answers

### Preparation task

1. e
2. g
3. a
4. h
5. f
6. c
7. b
8. d

### Task 1

1. True
2. True
3. False
4. False
5. False
6. True

### Task 2

- 1 Use soap and water to get a good lather on your hands.
- 6 Dry your hands and use the paper towel to turn off the water.
- 5 Rinse your hands.
- 2 Wash the palms and the backs of your hands.
- 4 Wash your fingertips as well.
- 3 Get your thumbs and fingers nice and clean.