

# REMEMBER TO WASH YOUR HANDS WITH SOAP AND WATER FOR 20 SECONDS!

you've  
got  
this!



Captain Soap is here to tell you how and when you should wash your hands. To remove the germs, we have to follow the 8 steps of hand washing.

**PARENT TIP:** Let your child paste a sticker for every correct occasion they washed their hands. You can start any day of the week.

Occasion	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
After using the toilet							
Before and after eating							
After touching common surfaces (e.g. toys) or returning home							
After blowing your nose, coughing or sneezing							
Before touching your eyes, nose or mouth (e.g. before washing your face)							

Scan the QR code to learn more about the 8 steps of hand washing  
<https://go.gov.sg/cleanhandwashing>

To make sure you wash for 20 seconds, sing Happy Birthday two times!

Scan the QR code to download this hand washing rewards chart and continue good hygiene habits with your child.  
<https://go.gov.sg/hygiene-reward-chart>

Dear parents/guardians, we hope you and your child enjoyed these activities. Do send us an email at [phpcd@hpb.gov.sg](mailto:phpcd@hpb.gov.sg) to share your feedback on this activity pack.

**GET HANDS-ON WITH HEALTH**

SOAP AND WATER. 20 SECONDS.