

Wilma Wash Your Hands

A Tale

Tim and Lily had just got home after their bike ride, Mum sent them straight to the bathroom to wash their hands.

I don't want to" Lily moaned, "I don't see why I have to!"

"You must wash your hands really well." Mum replied.

"But Mum," Tim joined in the complaining, "my hands aren't even dirty"



"But you must still wash them" was Mum's answer, adding "now quickly please lunch is almost ready.

"Well" whispered Tim to Lily as Mum started walking downstairs "let's do it really quickly, just quickly put your hands under the water, Mum won't know!"

Suddenly there was a loud bang! And a Flash! Followed by a blur of orange and yellow!

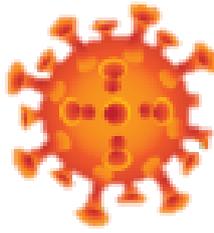
"Eeeeeeeeeek" cried Lily jumping back in surprise, both children looking in astonishment at the girl dressed as brightly as the sun who had appeared in their bathroom.

"Who are you?" asked Tim, "Where have you come from?"

"I'm Wilma Wash Your Hands" the girl replied "I am one of the C19 Mini Superheroes and I'm here to tell you how you can stay safe from the virus which can make you and other people poorly."

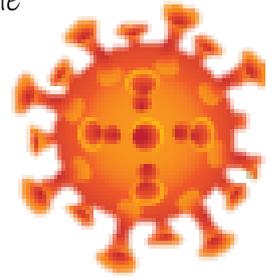
"I know your hands don't look dirty, but there are tiny, invisible to us, viruses and bacteria which you could have picked up on your hands. It is really important that you wash your hands really well with soap and warm water to remove them."





"Eeeeekkkkk" Lily cried again "I don't want to have invisible nasty things on my hand, help!"

"It's OK" Wilma reassured Lily, "You just need to wash your hands for at least 20 seconds and they will be washed off and down the drain with the water."



"But how long is 20 seconds?" wondered Tim

"Well" said Wilma, "you can try counting slowly, or sing Happy Birthday twice, or sing the Alphabet twice, there are lots of ways you can use to help you know how long 20 seconds is."

"One more thing" Wilma added, "make sure you wash your hands really well, your fingers and thumbs and the backs as well as the palms of your hands, pretend your hand is covered in paint and you have to make sure you wash every part."



"By washing our hands often we will keep ourselves healthier not only from this virus but from other viruses and bacteria which can get on our hands."

"Thanks Wilma" the children cried and as they carefully washed their hands with lots of lovely warm water and lovely smelling soap, "We will make sure we always wash our hands"

Can you be a C19 Mini Superhero and Wash Your Hands?

