

## COVID-19 VISUAL SCHEDULE HOW TO WASH YOUR HANDS

<p><b>1. Turn tap on</b></p>  <p>*</p>	<p><b>2. Wet hands</b></p>  <p>^</p>	<p><b>3. Turn tap off</b></p>  <p>*</p>	<p><b>4. Put soap on hands</b></p>  <p>^</p>	<p><b>5. Rub soap in palm of hands</b></p>  <p>^</p>
<p><b>6. Rub soap on top of hands</b></p>  <p>^</p>	<p><b>7. Rub soap between fingers</b></p>  <p>^</p>	<p><b>8. Rub soap over tip of fingers</b></p>  <p>^</p>	<p><b>9. Turn tap on</b></p>  <p>*</p>	<p><b>10. Wash soap off</b></p>  <p>^</p>
<p><b>11. Turn tap off</b></p>  <p>*</p>	<p><b>12. Dry hands on a paper towel</b></p>  <p>^</p>	<p><b>13. Throw the paper towel in the bin</b></p> 	<p><b>14. Leave bathroom</b></p>  <p>*</p>	<p><b>15. With clean hands</b></p>  <p>^</p>

© CAAC 2020

This is a visual schedule. A visual schedule can help people to understand how a sequential process or procedure works. It is especially helpful for people with intellectual disabilities or autism, to help them understand what to do next or what will happen next. When a person is able to anticipate what will happen next, it can decrease their anxiety and increase their independence. To use the visual schedule, sit with the person before starting the activity and explain the procedure to them step by step, pointing to the pictures as you explain. During the procedure, before each step, show the person the picture. When that step is completed, show them that you are moving on to the next step by pointing to the next picture.

\*symbols from [www.bildstod.se](http://www.bildstod.se) and ^<https://www.vecteezy.com>.