

Fighting germs with

CAPTAIN SOAP

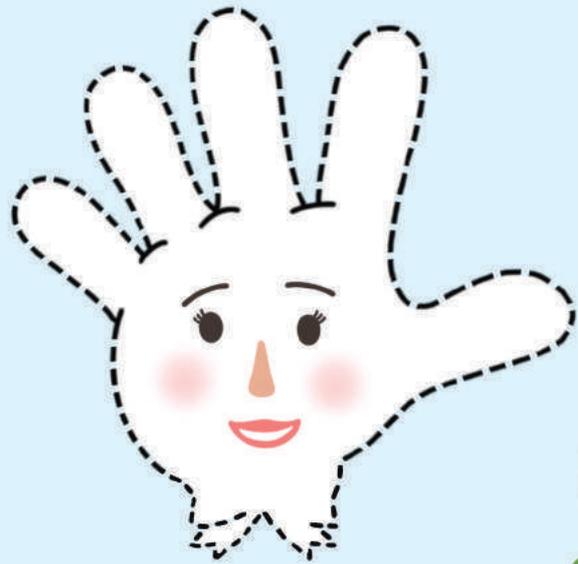
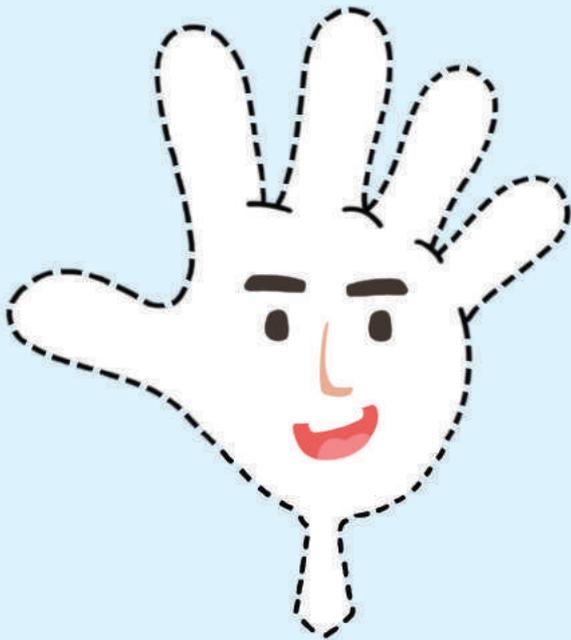




This book belongs to

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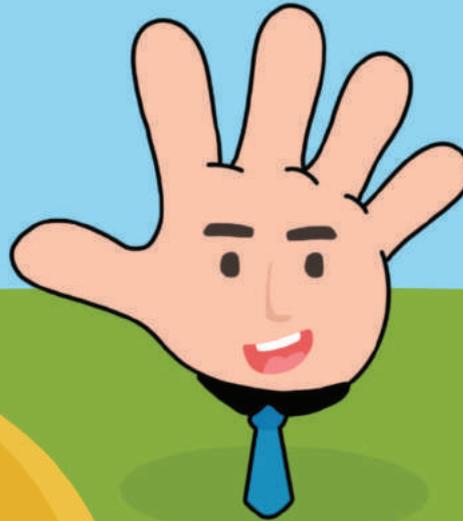
Trace and colour the hands below.



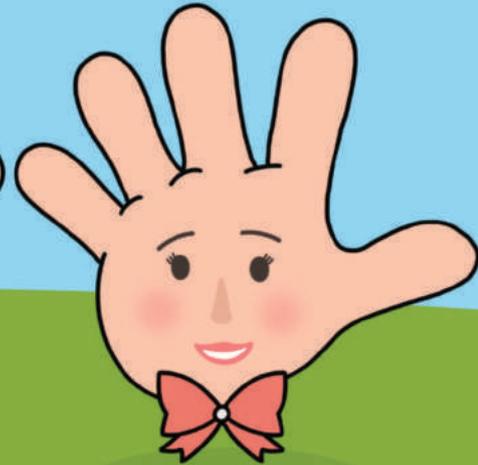
Dear parents/guardians,
share with your child simple steps
to fight the spread of infectious
diseases like the influenza (flu).

Let's have fun learning the
proper steps of hand washing today!

Mr Lefty and Mrs Righty live in a castle. The castle looks just like a basin.

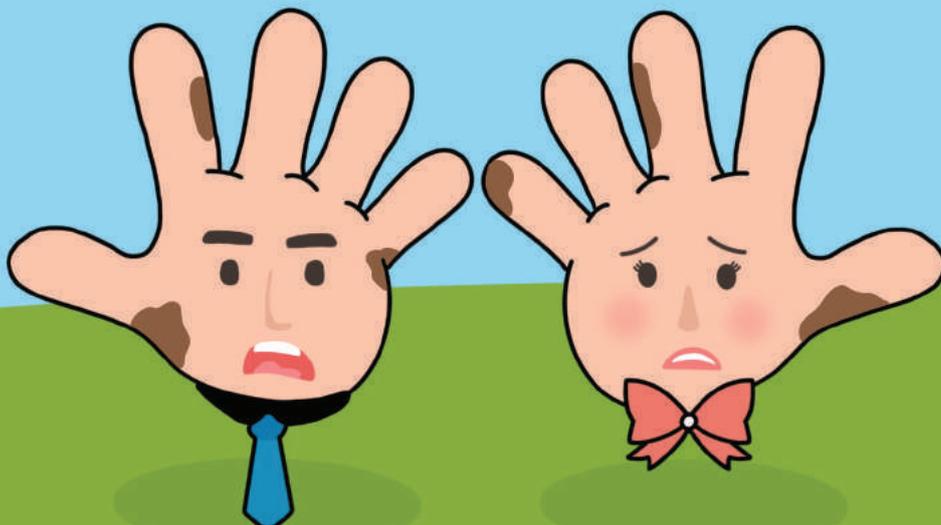
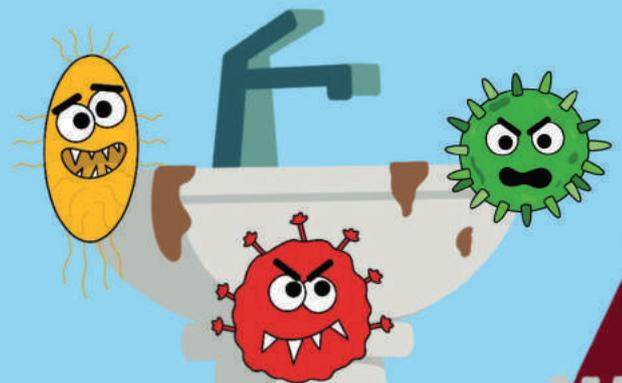


Mr Lefty



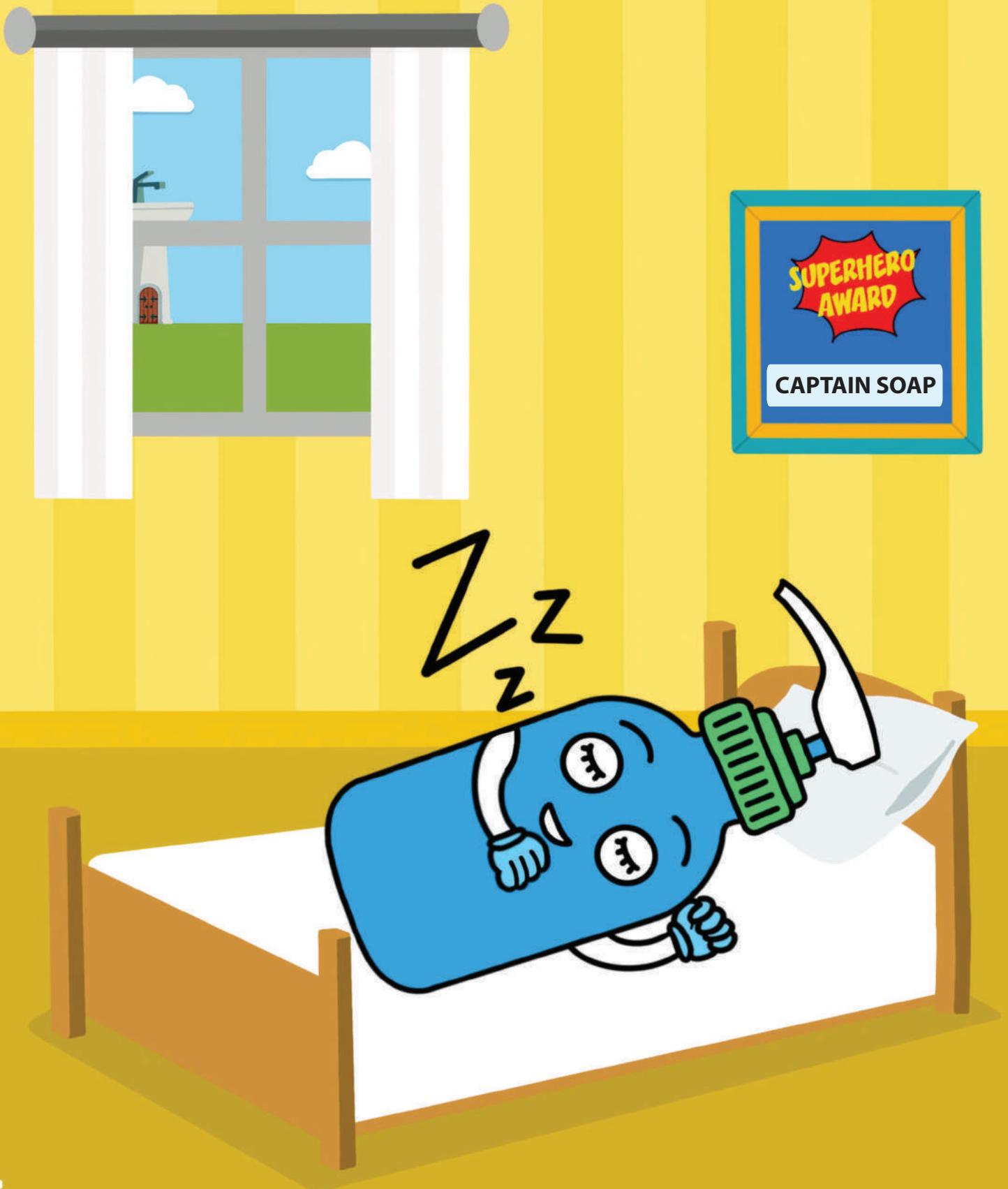
Mrs Righty

After playing with toys, Mr Lefty and Mrs Righty are now covered in germs and dirt. They know that germs can make them sick and are scared now.



Oh no!
CAPTAIN SOAP is still asleep and not ready to help!

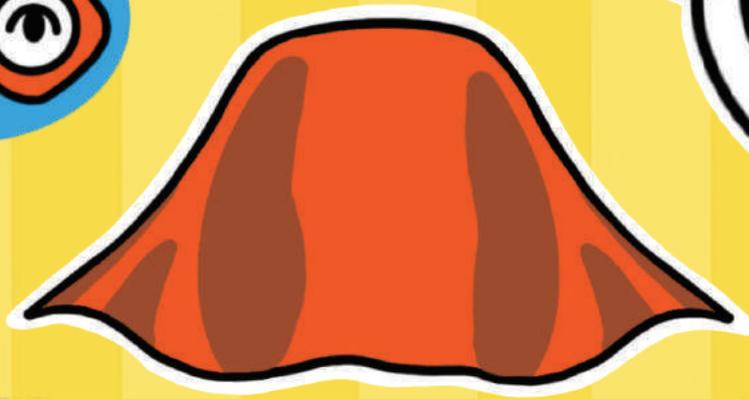
Let's wake **CAPTAIN SOAP** up so that he can do something
to help Mr Lefty and Mrs Righty to stay well.



Let's dress CAPTAIN SOAP up so that he can help protect Mr Lefty and Mrs Righty!

Parent tip: You can dress up your soap bottle by pasting these stickers on it.

★ CAPTAIN SOAP ★



Paste the face, name tag and hands here.

Paste the cape here.

Yay! **CAPTAIN SOAP** is now ready to help Mr Lefty and Mrs Righty fight the germs. **CAPTAIN SOAP** says,

“To remove the germs, we have to learn the **8 Steps of Hand Washing**. Paste this sticker near the basin in your home.”



Use Water and Soap



Palm to Palm



Between Fingers



Back of Hands



Base of Thumbs



Back of Fingers



Fingernails

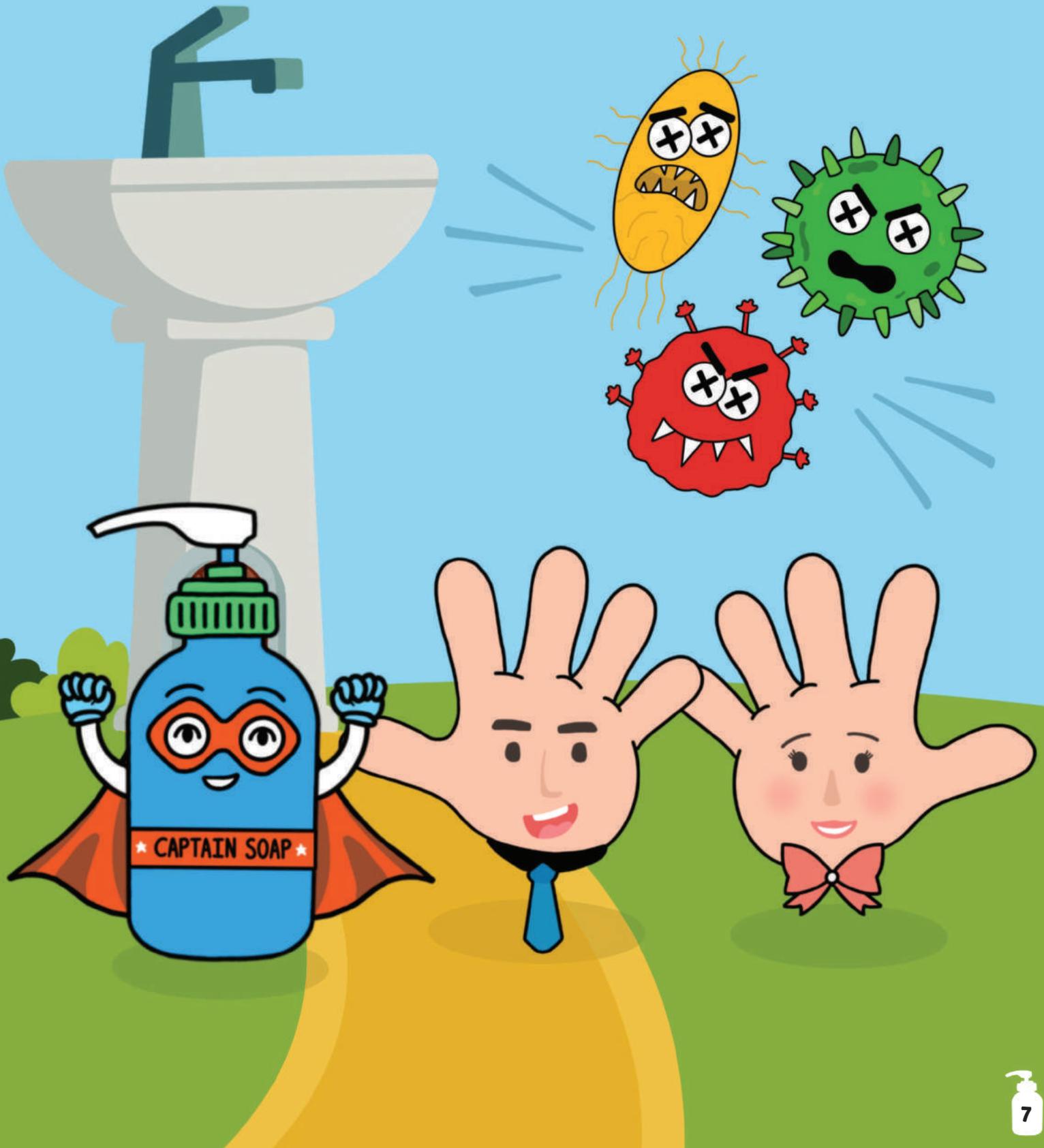


Wrists



Rinse and Wipe Dry

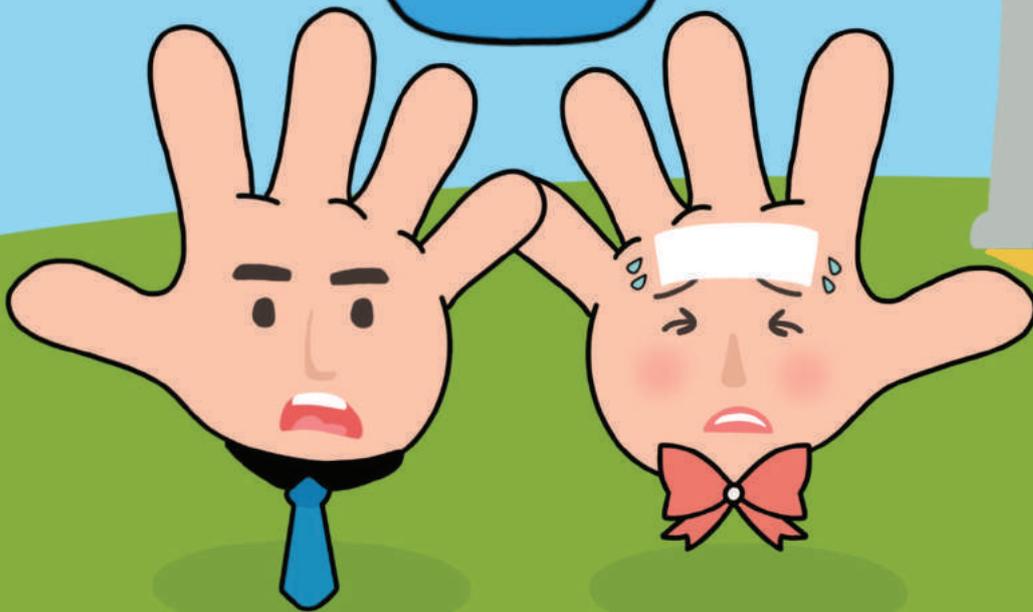
“Good job! Germs and dirt are removed because Mr Lefty and Mrs Righty have washed their hands properly!” says **CAPTAIN SOAP**.



Next day, **CAPTAIN SOAP** visits Mr Lefty and Mrs Righty.

“Oh no! Mrs Righty is feeling unwell as she has caught the flu. Let’s help her to feel better and recover from this flu,” says **CAPTAIN SOAP**.

“Mr Lefty and Mrs Righty, to stop the germs from making you sick, it is also important for you to know when to wash your hands!”
instructs **CAPTAIN SOAP**.



Let's tell Mrs Righty what she should do when she is feeling unwell.



Visit the doctor



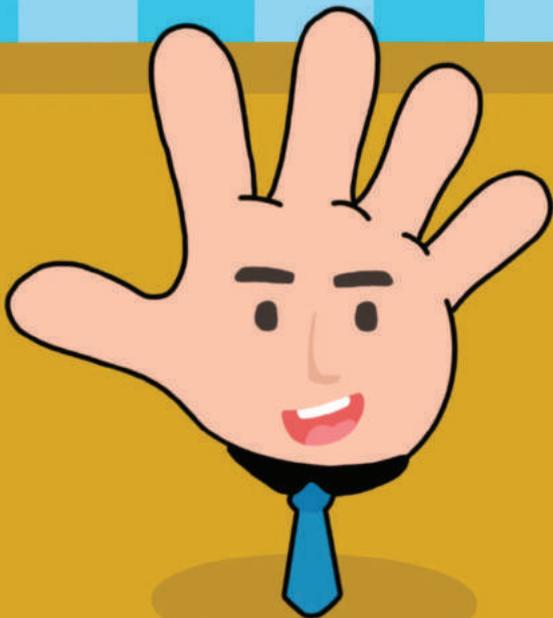
Wear a mask



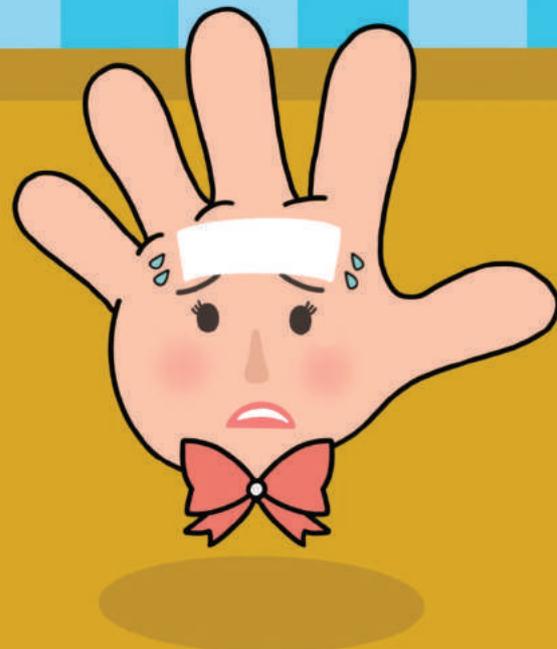
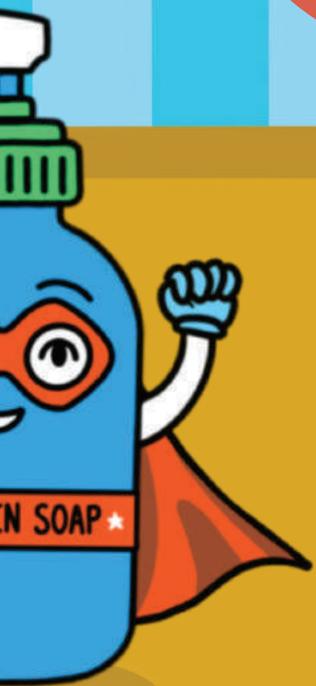
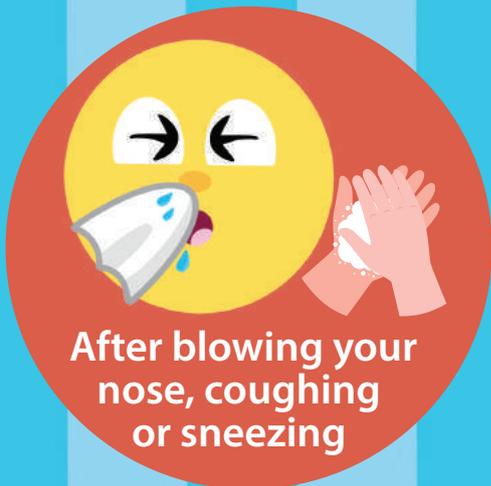
Rest at home



Drink more water

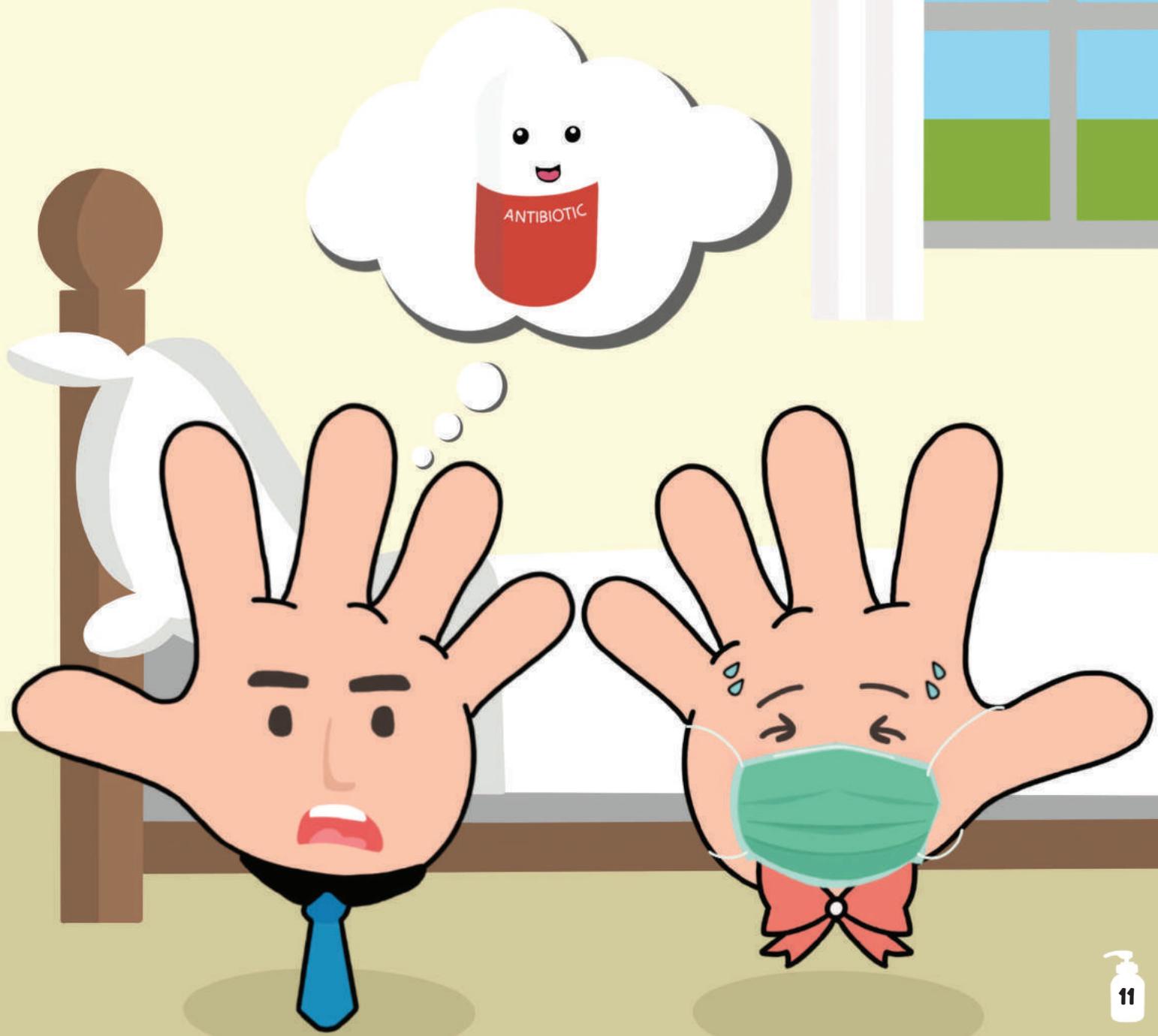


Let's learn from **CAPTAIN SOAP**
when to wash your hands!



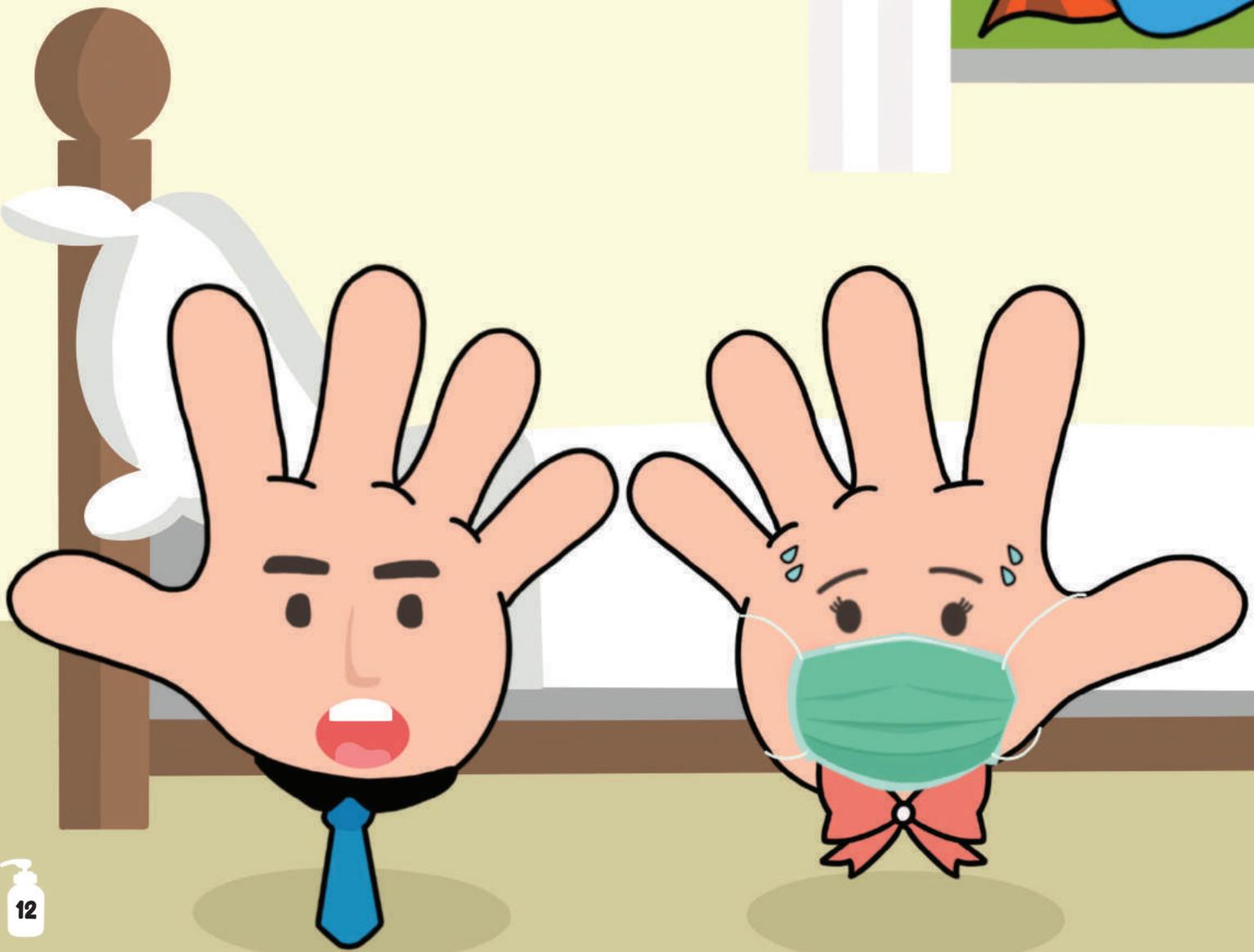
Mrs Righty is definitely feeling a little better now! But Mr Lefty is still worried for Mrs Righty.

He is thinking of giving Mrs Righty some antibiotics.



“Mr Lefty, antibiotics do not work for Mrs Righty because she is having the flu,” says **CAPTAIN SOAP**.

“You should bring Mrs Righty to the doctor and make sure both of you receive your yearly flu vaccination,” he says.



Did you know?

ANTIBIOTICS

NO



Antibiotics do not work on viruses such as cold and flu



YES



Antibiotics work on bacterial infections such as strep throat and ear infection

ANTIBIOTICS



DO NOT WORK ON VIRUSES LIKE FLU

ANTIBIOTICS

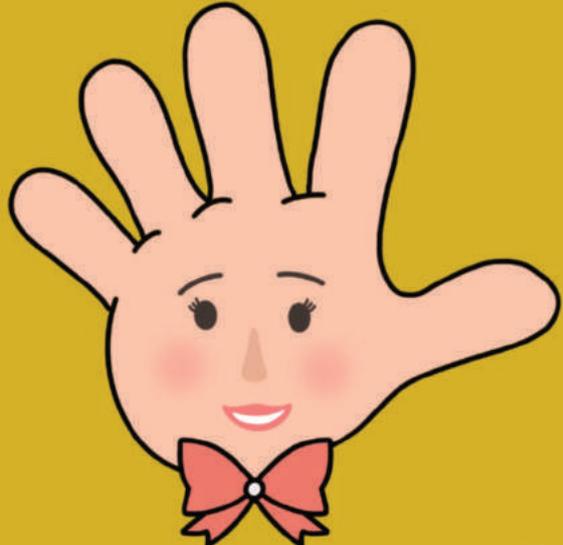
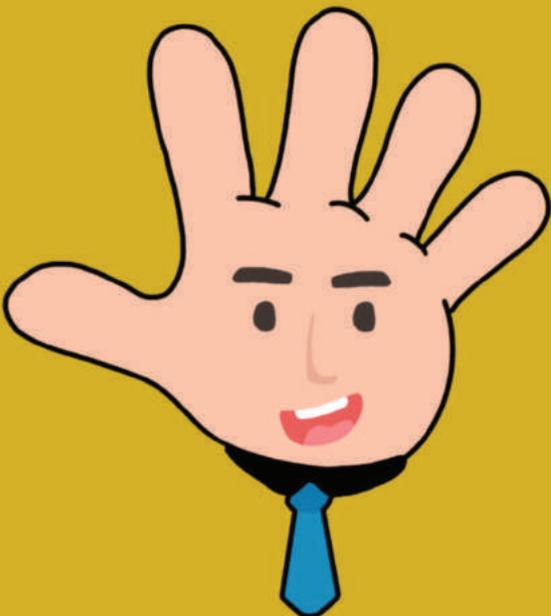
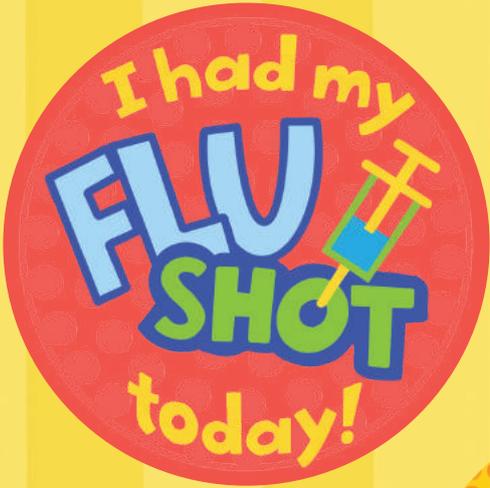


WORK ON BACTERIAL INFECTIONS



To find out more on the right use of antibiotics, visit healthhub.sg/antibiotics or scan the QR code.

Motivational Stickers



Awesome! Mrs Righty has recovered!

“Mr Lefty and Mrs Righty, remember to **get your flu vaccination every year** as it will help you stay healthy and protect you from being sick,” says **CAPTAIN SOAP**.





Have you and your family members received the **recommended vaccinations** such as the flu shot?

Vaccination subsidies are available at CHAS GP clinics and polyclinics for eligible Singaporeans.

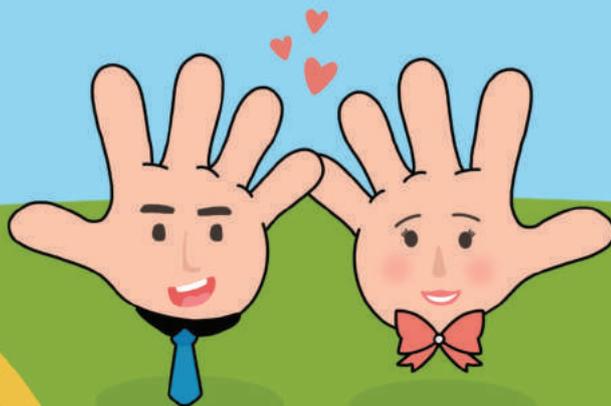
To find out more, ask your doctor or **scan the QR code** to learn about the **nationally recommended vaccinations**.

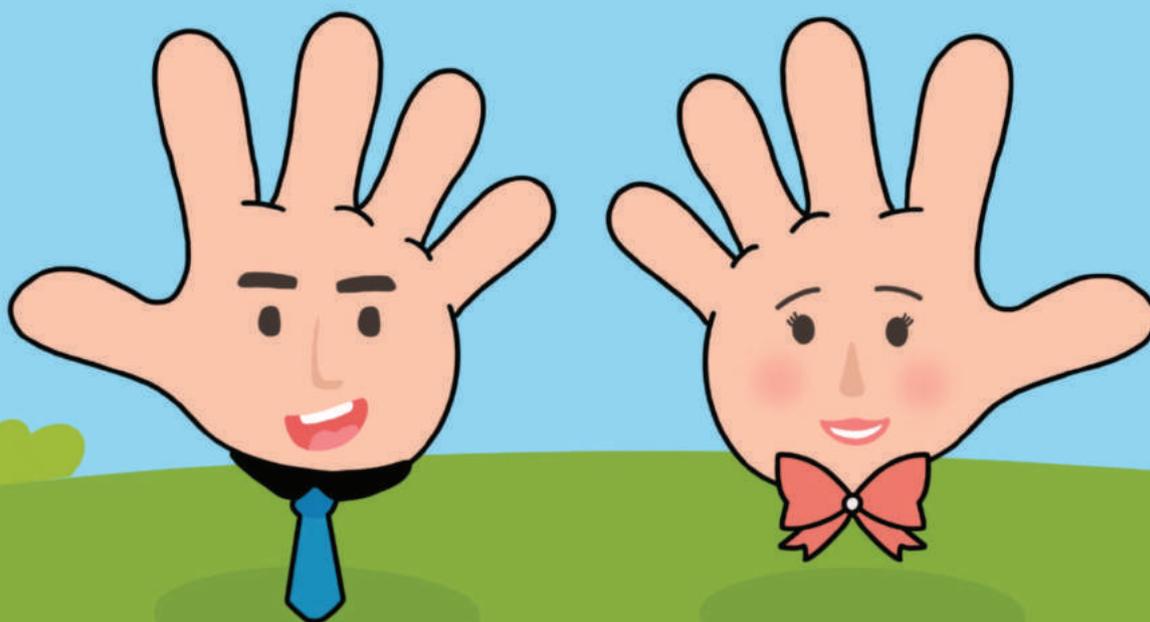
healthhub.sg/vaccinate



“Thank you, **CAPTAIN SOAP!**”
says Mr Lefty and Mrs Righty.

As Mr Lefty and Mrs Righty wash their hands
properly and get their yearly flu vaccinations,
the germs did not come back again.





Dear parents/guardians, send us an email at phpcd@hpb.gov.sg to share your feedback on this sticker storybook.

