**WEEK 1:**

**VOCABULARY**

**Hand washing**

1. Wet your hands with water and **apply** enough soap to cover all hand surface
2. **Rub** hands palm to palm
3. Rub right palm over left **dorsum** with **interfaced** **fingers** and vice versa
4. Rub your hands palm to palm with fingers **interlaced**.
5. Wash the back of your fingers to opposing palms with fingers interlocked.
6. Rotationally rub the left thumb with the right hand and **vice versa**.
7. Wash the tips of your right fingers against the opposing palm with rotational rubbing, and vice versa.
8. **Rinse** both hands with water.

**COVID 19**

1. This new virus and disease were unknown before the **outbreak** began in Wuhan, China, in December 2019.
2. The disease can spread from person to person through small **droplets** from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.
3. Illness due to COVID-19 infection is generally **mild**, especially for children and young adults.

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Words** | **Meaning** | **Sentences** |
| **1.** | **Apply** | Put, place | **Apply** enough soap to cover all hand surface |
| **2.** | **Rub** |  | **Rub** hands palm to palm |
| **3.** | **Dorsum** | the back of | Rub right palm over left **dorsum** with **interfaced** **fingers** and vice versa |
| **4.** | **Interfaced fingers** | Interlocked fingers |
| **5.** | **Interlaced** | Crossed together | Rub your hands palm to palm with fingers **interlaced**.  |
| **6.** | **Vice versa** | The other way around | Rotationally rub the left thumb with the right hand and **vice versa**. |
| **7.** | **Rinse** | Clean with soap | **Rinse** both hands with water. |
| **8.** | **Outbreak** | Sudden spread or start of something | This new virus and disease were unknown before the **outbreak** began in Wuhan, China, in December 2019 |
| **9.** | **Droplet**  | Small drop of liquid | The disease can spread from person to person through small **droplets** from the nose or mouth |
| **10.** | **Mild** | Not intense | The temperature outside is still **mild** to take a walk |