

How to Wash Your Hands



Wet hands



Apply soap



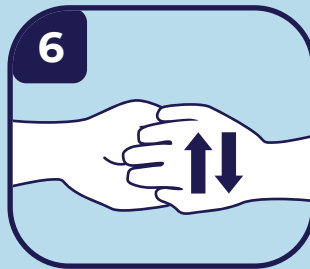
Rub hands
palm to palm



Lather the back
of both hands



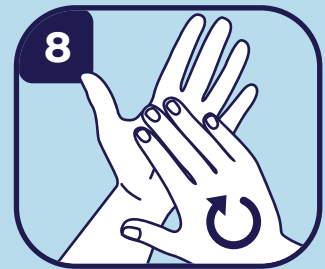
Scrub between
your fingers



Rub the back of fingers
on the opposing palm



Clean thumbs



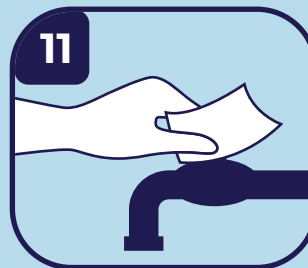
Wash fingernails
and fingertips



Rinse hands



Dry with a single
use towel



Use the towel to
turn off the faucet



Your hands are clean

Protect Yourself & Others

- Clean your hands regularly with soap and water and dry them thoroughly.
- Use alcohol-based hand sanitiser if you don't have immediate access to soap and water.
- Wash your hands for **20 seconds** (as long as it takes to sing "Happy Birthday" twice).