

How to wash your hands

With soap and water

Steps 1–4 below should take 40–60 seconds.

1

Wet hands, then apply soap



2



Lather for at least 20 seconds. Pay attention to the backs of hands and fingers, fingernails and the webbing between fingers

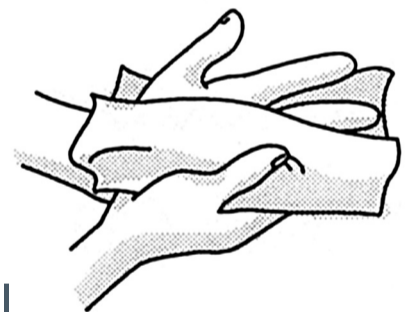
3

Rinse hands under running water



4

Dry hands with a clean towel, or fresh paper towel



With hand sanitiser

1

Apply enough product to cover both hands



2

Rub all surfaces of both hands



3

Rub hands together until dry