



# 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