



How to wash your hands

With soap and water

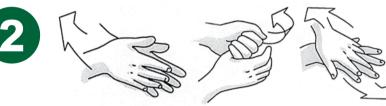
Steps 1–4 below should take 40–60 seconds.



Wet hands, then apply soap







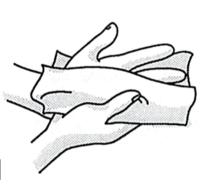
Lather for at least 20 seconds. Pay attention to the backs of hands and fingers, fingernails and the webbing between fingers



Rinse hands under running water



Dry hands with a clean towel, or fresh paper towel



With hand sanitiser



Apply enough product to cover both hands



Rub all surfaces of both hands



Rub hands together until dry