



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