GOOD HYGIENE

How to wash your hands

Use soap and water. Take at least 20 seconds.

1

Wet your hands

Use clean running water.

2

Add soap

Enough to cover both hands.

3

Rub palm to palm

Work the soap into a lather.

4

Backs of hands

Lace your fingers and rub the back of each hand.

5

Thumbs and tips

Rub each thumb, then your fingertips on your palm.

6

Keep going

At least 20 seconds in total.

7

Rinse

Rinse off all the soap under running water.

8

Dry well

Use a clean towel or paper towel.

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