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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