

# 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

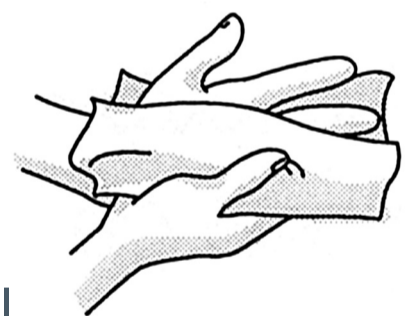
**3**

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