Wash Your Hands

Wash for at least 10 – 20 seconds

1. Remove all jewellery and wet hands with warm water
2. Apply soap to hands.
3. Rub hands together
4. Cover all surfaces of the hands and fingers
5. Clean knuckles, back of hands and fingers
6. Clean the space between the thumb and the index finger
7. Clean the fingernails by working the fingertips into the palms
8. Rinse well under warm running water
9. Dry with a disposable paper towel, then use the towel to turn off the tap