

# HOW TO WASH YOUR HANDS

Washing your hands for a minimum of 20 seconds helps protect you and others from viruses.



- 01) Wet your hands with warm water.
- 02) Apply enough soap to cover your hands.
- 03) Rub your hands together.
- 04) Use one hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.
- 05) Rub your hands together and clean in between your fingers.
- 06) Rub the back of your fingers against your palms.
- 07) Rub your thumb using your other hand. Do the same with the other thumb.
- 08) Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.
- 09) Rinse your hands with water.
- 10) Dry your hands with a disposable towel.
- 11) Use the disposable towel to turn off the tap.
- 12) Throw the disposable towel away and you're all done!