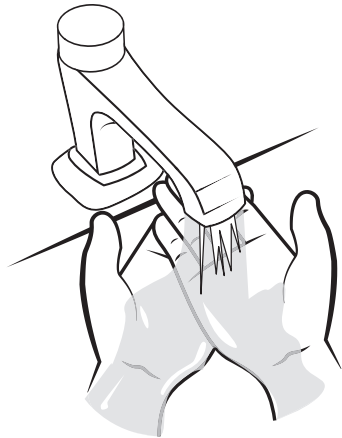



# Washing hands properly

**1**



Hold hands under running water.

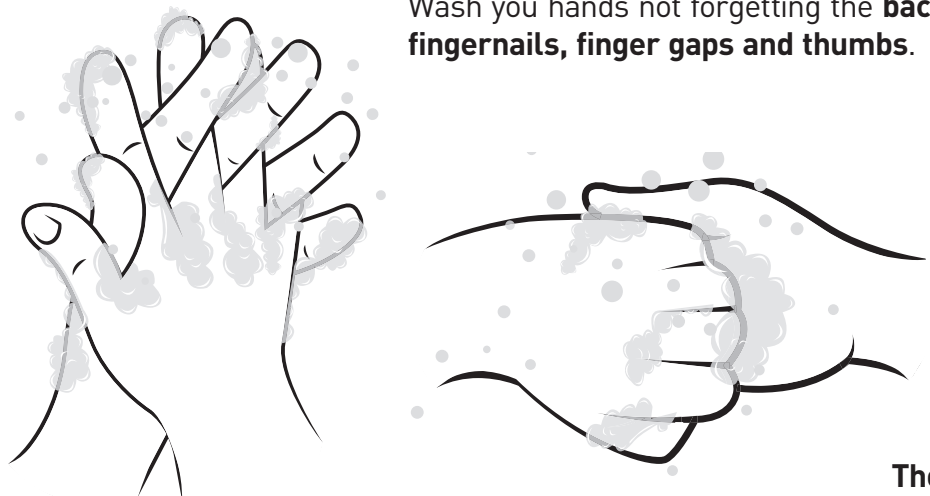
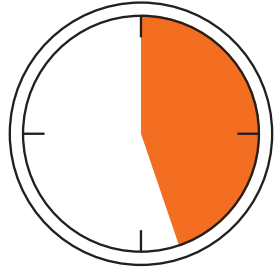
**2**



Lather your hands up with soap thoroughly

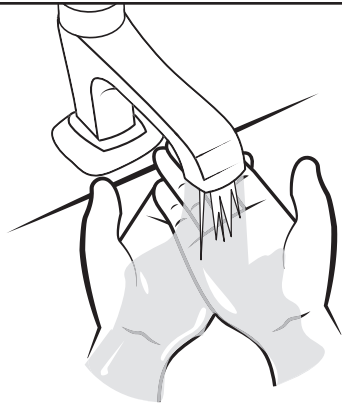
**3**

Wash you hands not forgetting the **back of the hands, fingertips, fingernails, finger gaps and thumbs.**

Thorough hand washing takes 20 to 30 seconds.

**4**



Rinse your hands under running water.

**5**

Dry your hands thoroughly including in the spaces between your fingers. In public toilets it is best to use a paper towel. At home, everyone should use their own towel.

