

How to Wash Your Hands

At least 20 seconds — the single best defence against spreading bacteria

- 1 Wet**
Wet hands under warm running water.
- 2 Soap**
Apply enough soap to cover both hands.
- 3 Lather everywhere**
Rub palms, backs, between fingers, thumbs and nail tips — for at least 20 seconds.
- 4 Rinse**
Rinse thoroughly under running water.
- 5 Dry completely**
Use blue roll or a single-use towel — damp hands spread bacteria.
- 6 Tap off with the towel**
Not with your clean hands.

Always wash after: handling raw food • bins • the toilet • breaks • touching your face, hair or phone.