

Handwashing guide



1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap



2. Lather and scrub your hands by rubbing them together with the soap. Cover every part of your hand including the back, between your fingers, and under your nails. This should be for at least 20 seconds



3. Rinse your hands well under clean, running water, until all the lather has gone



4. Dry your hands using a clean towel or air-dry them