

How to

Hand Wash

40–60 seconds



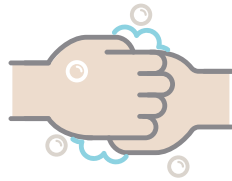
Wet hands with water + add soap

Hand Rub

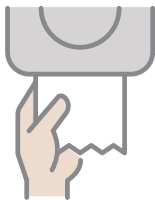
20–30 seconds



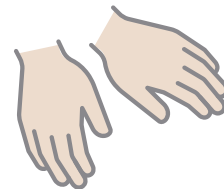
Place hand-sanitiser on hands



Rub hands together for **20 seconds** including palms, wrists, back of hands, between fingers, thumbs & under nails



Rinse well with water then dry hands



Rub hands until dry

STOP the spread of germs and be healthy