

Practise good hand hygiene

Protect yourself, your family and the community by washing your hands regularly. **Washing your hands properly takes about 20 to 30 seconds.**

Washing your hands with soap and water or alcohol-based sanitiser kills viruses that may be on your hands. Always use soap and water if your hands are visibly dirty.

1 Wet your hands



2 Put soap on hands



3 Rub soap on hands



Scrub between your fingers, under your nails and the top of your hands

4 Rinse hands with water



5 Dry your hands



6 Your hands are now clean

