

# HOW TO WASH YOUR HANDS

## 6 EASY STEPS

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These handwashing techniques can help reduce the spread of germs and keep you healthy!

**1 WET YOUR HANDS**



Wash your hands using clean, running water (warm or cold).

**2 APPLY SOAP**




Apply enough soap to cover all surfaces of your hands.

**3 RUB AND LATHER YOUR HANDS**



Lather the backs of your hands, between your fingers, and under your nails.

**4 SCRUB FOR AT LEAST 20 SECS.**



You can sing "Happy Birthday" twice to keep track.

**5 RINSE YOUR HANDS**



Rinse your hands well under clean, running water to remove soap and dirt.

**6 DRY YOUR HANDS**



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

### HAND HYGIENE TIPS

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- If possible, use a paper towel to turn off the tap to avoid re-contaminating your hands.
- When to wash your hands - Before eating, after using the washroom, and after coughing or sneezing.
- Make it a habit to wash your hands regularly, especially during cold and flu season.
- If soap and water are not available to wash your hands, use a hand sanitiser that contains at least 60% alcohol.
- Carry hand sanitiser wipes for on-the-go use.