



WASH YOUR HANDS CORRECTLY



**1. Remove your rings and watch.
Wet your hands with warm water.**



2. Take liquid soap into your hands.



**3. Rub your hands together for about
20 seconds. Remember to wash under
your nails, the back and sides of your
hands, wrists and between your fingers.**



4. Rinse hands carefully.



**5. Dry your hands with a disposable
hand towel.**



**6. Turn the tap off so that you
protect your clean hands. Use hand
disinfection gel when needed.**