

HAND WASHING TIPS

Practising good hand hygiene is the best defence against COVID-19



1 Remove any jewellery and wet hands with running water.



2 Apply soap.



3 Wash hands for at least 20 seconds.



4 Rub all areas including in between fingers, fingernails and wrists.



5 Rinse hands and turn off tap.



6 Dry hands thoroughly with a paper towel.