

Washing and drying hands

1.



Wet your hands under clean running water. Use warm water if available

2.



Put soap on your hands and wash for 20 seconds. Liquid soap is best

3.



Rub hands together until the soap makes bubbles

4.



Rub on both sides of both hands...

5.



and in between fingers and thumbs...

6.



and round and round both hands

7.



Rinse all the soap off under clean running water. Use warm water if available

8.



Dry your hands all over for 20 seconds. Using a paper towel is best (or, if at home, a clean dry towel)

Wash hands for 20 seconds

Dry hands for 20 seconds

Always wash and dry your hands ...

Before

- ▶ eating or preparing food

After

- ▶ sneezing, coughing or blowing your nose
- ▶ playing outside
- ▶ touching animals
- ▶ going to the toilet

Wash and dry hands before and after touching infected skin