

# COVID-19:

# Wash your hands

Clean hands protect against infection.

Wash hands for at least 20 seconds to kill viruses or bacteria.

**Sing** 'Happy birthday' x 2 or 'Twinkle, twinkle little star'



**1 Wet hands**  
with water & apply enough soap to cover all surfaces of the hands



**2 Rub hands**  
palm to palm to obtain a good quantity of foam



**3 Rub the right palm**  
over the back of the left hand with interlaced fingers - and vice versa



**4 Rub hands**  
palm to palm again, with fingers interlaced



**5 Rub the back**  
of your fingers into the opposing palm with fingers interlaced



**6 Rub rotationally**  
with the left hand clasped in right palm and vice versa



**7 To clean the tips**  
of the fingers, group them into a point and rub them into the opposite palm in a rotational pattern



**8 Rinse hands**  
thoroughly with running water



**9 Dry hands**  
thoroughly with a single-use towel

*If the tap is not elbow operated, use the same towel to turn off the tap.*

**NOTE: Use of an alcohol-based hand rub is not appropriate when hands are visibly dirty or after using the toilet. Ideally, use soap and water to clean your hands.**

Stay informed. Stay in the **healthy zone.**

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