

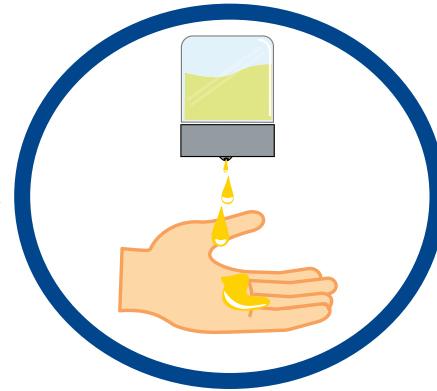
How to wash your hands

Washing your hands for 20 seconds can help stop the spread of Coronavirus

1. wet your hands with tap water



2. apply enough soap to cover all your hands



3. rub hands palm to palm



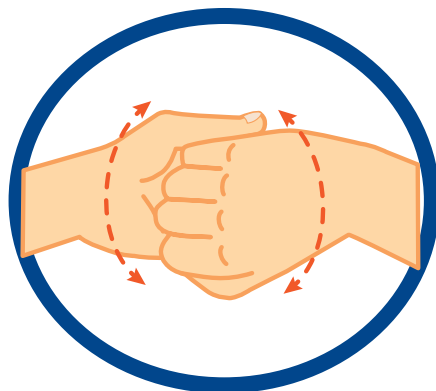
4. rub back of hand and between fingers



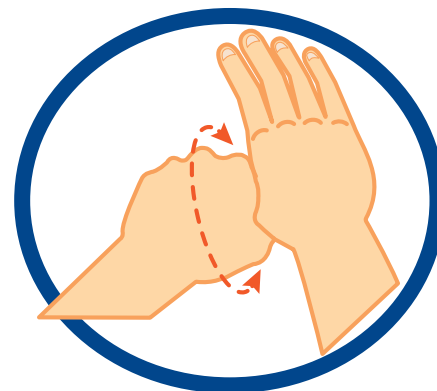
5. rub palm to palm between fingers



6. rub with backs of finger



7. rub each thumb cupped in other hand



8. rub tips of fingers in each palm



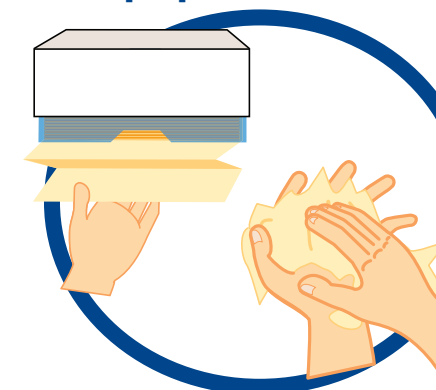
9. rub each wrist



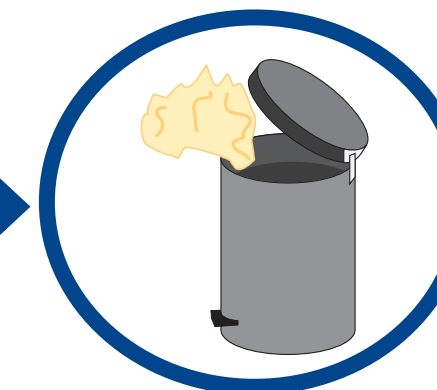
10. rinse hands with water



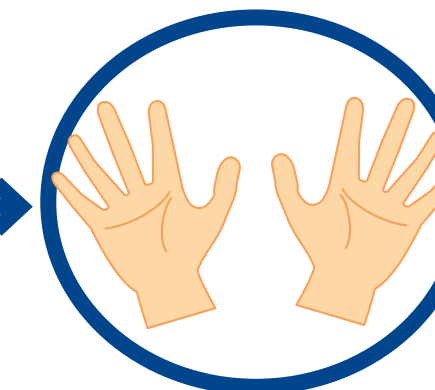
11. dry hands with a paper towel



12. throw paper towel in the bin



13. your hands are clean and safe



Remember to wash your hands for 20 seconds

A red-bordered box containing an illustration of a person's head and shoulders. A thought bubble above the person's head shows a clock face with the number 20 highlighted. To the right of the illustration, the text "Remember to wash your hands for 20 seconds" is written in red.