Wash your hands

Stop the spread of germs that make people sick

• You can use hand sanitiser to clean your hands but you need to use soap and water if they look dirty
• Wet your hands under warm running water and then apply soap
• Rub your hands together until the soap forms a lather

• Rub the top of your hands, between your fingers and clean your fingertips
• Do this for about 20 seconds

Do not turn off the tap with your cleaned hands – use a piece of tissue if it is a twist tap

Thanks!