

5 STEPS TO CLEAN HANDS



WET

your hands with
running water



SOAP

your hands and
lather well



WASH

your hands for 20 seconds, including
the front and back of your hands,
your wrists, between your fingers
and under your finger nails



RINSE

your hands well
under running water



DRY

your hands with
a disposable paper
towel or air dryer



Government
of South Australia

SA Health