HANDWASHING 101

Proper handwashing is a simple but highly effective way to prevent the spread of respiratory illnesses, including COVID-19, the flu, and the common cold. Here are the steps for proper handwashing:

WET YOUR HANDS
- Use clean, running water (warm or cold).
- Make sure your hands are thoroughly wet before applying soap.

APPLY SOAP
- Use enough soap to cover all surfaces of your hands.
- Lather both the front and back of your hands, between your fingers, and under your nails.

SCRUB FOR AT LEAST 20 SECONDS
- Scrub your hands together for at least 20 seconds. You can count to 20, sing the 'Happy Birthday' song twice, or choose another method to time yourself.
- Don't forget the back of your hands, between your fingers, and under your nails.

RINSE YOUR HANDS
- Rinse your hands well under clean, running water.
- Make sure to remove all the soap from your hands.

DRY YOUR HANDS
- Use a clean towel or air dry your hands.
- If possible, use a towel to turn off the tap to avoid re-contaminating your hands.

TIP: If soap and water are not available, use a hand sanitiser that contains at least 60% alcohol.