

Wash Your Hands ☐ Give Yourself a Hand Infographic



STOP THE SPREAD OF GERMS WASH YOUR HANDS!

Use water and soap and count slowly to 20
to reduce the risk of infection caused
by bacteria and harmful germs!



1
WET HANDS
& APPLY SOAP



2
PALM TO PALM



3
BACK OF HANDS



4
BETWEEN FINGERS



5
WASH THUMBS



6
PALMS & NAILS



7
WASH WRISTS



8
RINSE WELL



9
DRY HANDS

For additional hygiene, use a hand sanitiser containing not less than 60% alcohol

Source: <https://officecare.com>