

THE 6 HANDWASHING STEPS:

- W**et hands with warm running water
- A**pply soap
- S**crub your hands (palms, backs, thumbs, wrists, fingernails and between your fingers) for at least **20** seconds!
- H**old your hands under running water to rinse
- U**se a clean paper towel to dry hands
- P**aper towels should be used to turn off the tap (so you don't get your hands dirty again)