Wash Your Hands

1. Wet hands with warm running water
2. Apply soap and lather well
3. Scrub for 20 seconds — backs of hands, between fingers, under nails, thumbs
4. Rinse thoroughly
5. Dry with a clean paper towel

Always wash: before handling food · after raw meat, fish or eggs · after the bin, cleaning chemicals or handling money · after breaks and the toilet.