



# Hand Hygiene

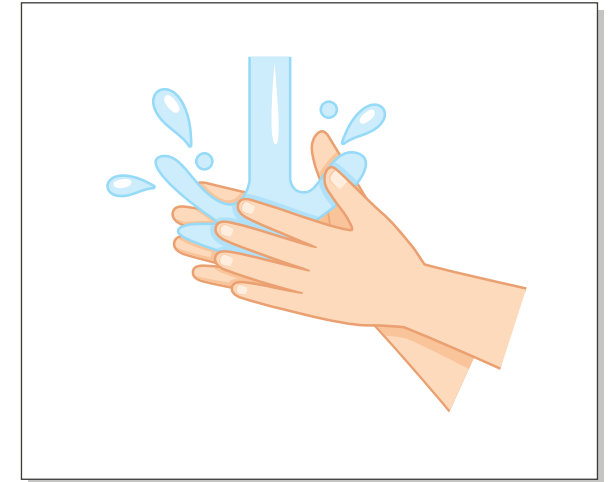
Follow these five simple steps to keeping hands clean.



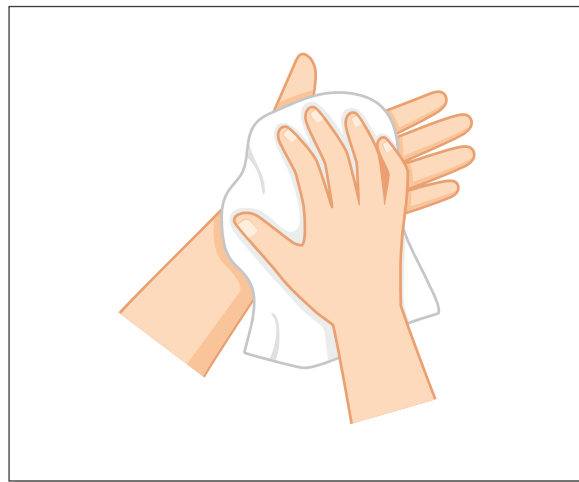
**Step 1:** Remove hand and arm jewellery and wet your hands with warm (not hot) running water.



**Step 2:** Add soap, and then rub your hands together, making a soapy lather. Do this for at least 20 seconds, being careful not to wash the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.



**Step 3:** Rinse your hands well under warm running water, using a rubbing motion.



**Step 4:** Wipe and dry hands gently with paper towel. Rubbing vigorously with paper towels can damage the skin.



**Step 5:** Turn off tap using paper towel so that you do not recontaminate your hands.