

Practise simple hygiene by washing hands regularly

1 Wet hands



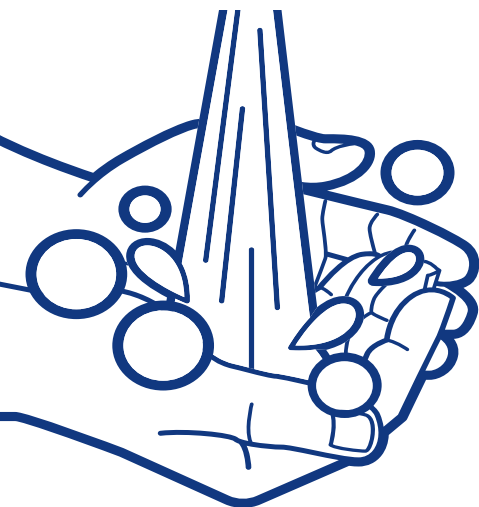
2 Apply soap



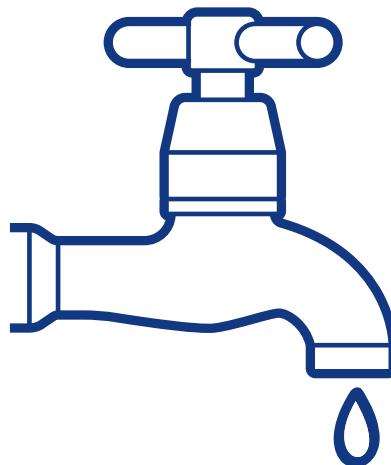
3 Lather & scrub



4 Rinse hands



5 Turn off tap



6 Dry hands



Spend **20 seconds** washing your hands.