

# WASH YOUR HANDS



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1

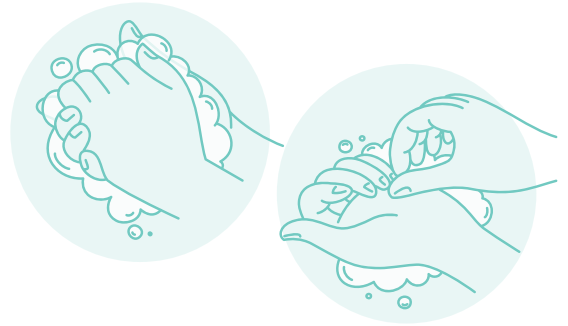
WET



Wet your hands under clean running water. Use warm water if available.

2

SOAP



Soap and scrub backs of hands, wrists, between fingers, under fingernails for **20 seconds**.

3

RINSE



Rinse all the soap off under clean running water. Use warm water if available.

4

DRY



Dry your hands all over for **20 seconds**. Using a paper towel is best or, if at home, a clean dry towel.

## Always wash and dry your hands...

**BEFORE:** Eating or preparing food.

**AFTER:** Sneezing, coughing or blowing your nose (or wiping children's noses).  
Gardening (or playing outside for children).  
Having contact with animals.  
Going to the toilet or changing nappies.  
Looking after sick people.