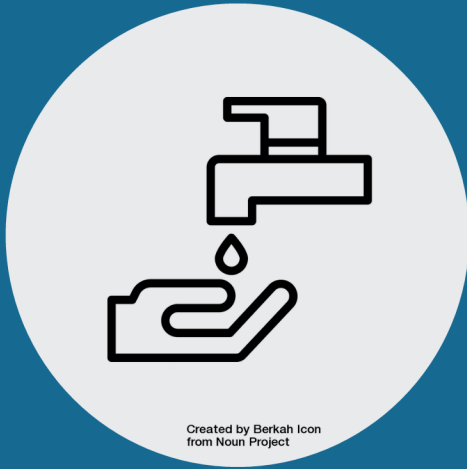


# WASH YOUR HANDS

Handwashing is the single most effective way to prevent the transmission of disease.



**Wet your hands before applying soap.**

**1**



**Rub vigorously all over, including wrist and nails.**

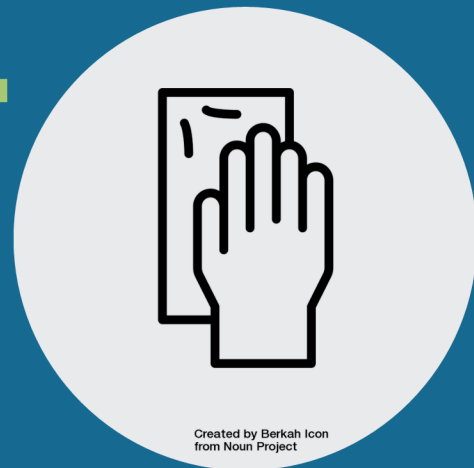
**2**



**Repeat this for at least 20 seconds.**

**3**

**4**



**Rinse and dry with paper towel. Don't rub too hard.**

# SAVE LIVES

# SANITISE YOUR HANDS

It takes 20-30 seconds to sanitise your hands.  
If your hands are soiled, wash them with soap and water before sanitising.



Apply 1-2 pumps of sanitiser into a cupped hand.

1



Rubs hands palm to palm.

2



Right palm over left dorsum with interlaced fingers and vice versa.

3



Palm to palm with fingers interlaced.

4



Backs of fingers to opposing palms with fingers interlocked.

5



Rotational rubbing of left thumb clasped in right palm and vice versa.

6



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

7



Once dry, your hands are safe.

8

24 Hour Medical Emergency Line 13 11 26