

# HOW TO WASH YOUR HANDS



**20** SECOND  
WASH



+



**20** SECOND  
DRY



=

**CLEAN HANDS**



wash your hands for 20 seconds  
with soap and hot water

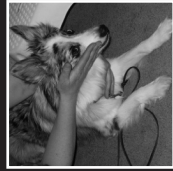
dry your hands for 20 seconds with  
a clean, dry towel or paper towel

remember the 20 + 20 rule  
and help keep diseases away

# WHEN TO WASH YOUR HANDS



Before, during and after  
you prepare food and  
before you eat



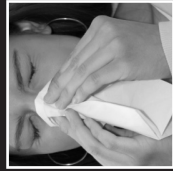
After handling animals or  
animal waste



After changing nappies  
or cleaning up after a  
sick person



After you go to the toilet  
or assist with toileting  
someone else



After blowing your nose,  
coughing or sneezing



More importantly when  
someone in your house-  
hold is sick