

# Wash your hands

- Before cooking and meals
- When you come in from outdoors
- After using the toilet or changing a diaper
- After coughing, sneezing or blowing your nose
- After touching the same surfaces as someone with a cold

## and stop infections from spreading



1. Wet your hands with a lot of water



2. Apply some soap and rub your hands palm to palm



3. Rub the backs of your hands, your thumbs and between your fingers



4. Rub your hands together with your fingers interlaced



5. Rinse your hands with a lot of water



6. Dry your hands carefully with a paper towel



7. Use a paper towel to turn off the tap

