HOW TO WASH YOUR HANDS

Washing your hands for a minimum of 20 seconds helps protect you and others from viruses.
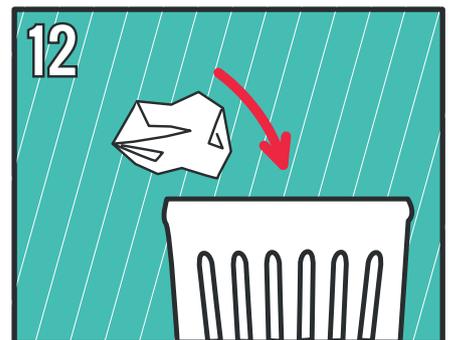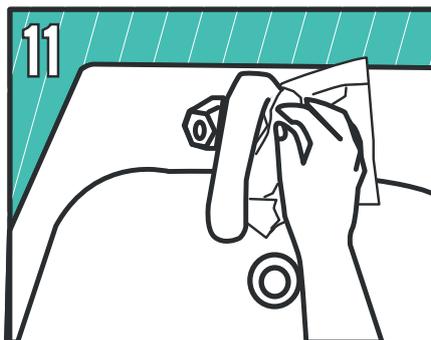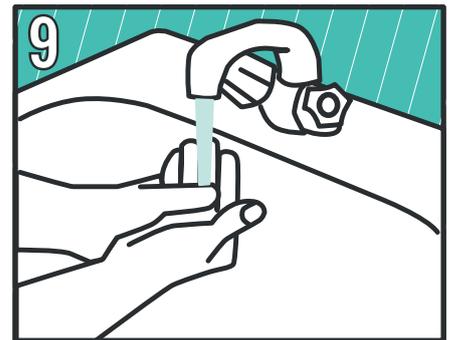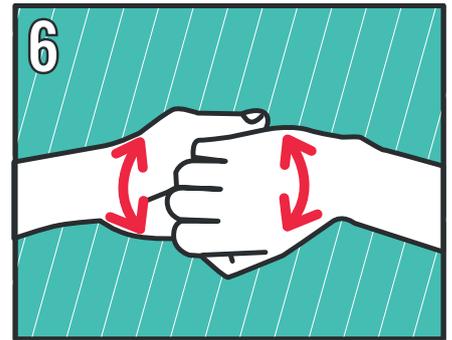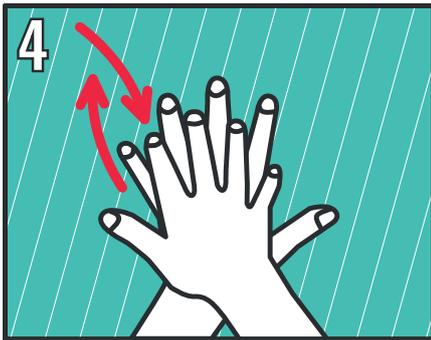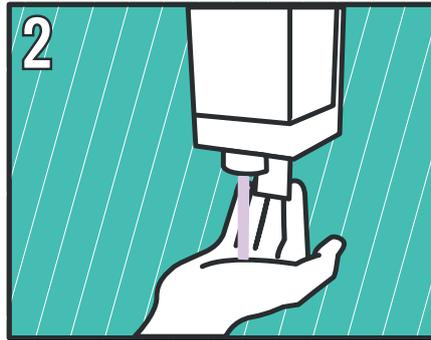
01) Wet your hands with warm water.

02) Apply enough soap to cover your hands.

03) Rub your hands together.

04) Use one hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.

05) Rub your hands together and clean in between your fingers.

06) Rub the back of your fingers against your palms.

07) Rub your thumb using your other hand. Do the same with the other thumb.

08) Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.

09) Rinse your hands with water.

10) Dry your hands with a disposable towel.

11) Use the disposable towel to turn off the tap.

12) Throw the disposable towel away and you're all done!

To help prevent the spread of coronavirus you should follow instructions from The World Health Organisation.

World Health Organization