

HIGH FIVE for clean hands

Wash
hands for
20 seconds

Dry
hands for
20 seconds



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



Put soap on your
hands and wash for
20 seconds.
Liquid soap is best.



Rub hands together
until the soap makes
bubbles.



Rub on both sides of
both hands...



and in between fingers
and thumbs...



and round and round
both hands.



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



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

Always wash and dry your hands...

BEFORE

Eating or preparing food

AFTER

Going to the toilet | Playing outside | Having contact with animals |
Sneezing, coughing or blowing your nose

COVID-19