

# 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**