HOW TO WASH YOUR HANDS

RUOKAVIRASTO

1. Remove your rings, jewellery and watch.
2. Wet your hands in warm water.
3. Lather your hands with liquid soap and rub your palms together for about 20 seconds.
4. Scrub the backs and sides of your hands, wrists and between your fingers.
5. Clean under your finger-nails.
6. Rinse your hands.
7. Dry your hands with a clean single use towel or cloth towel.
8. When turning off the tap, protect your clean hands.