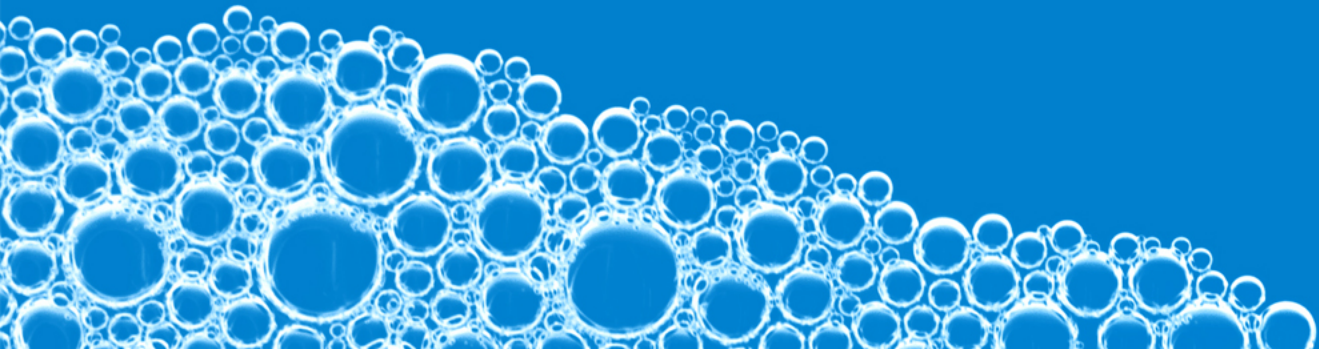


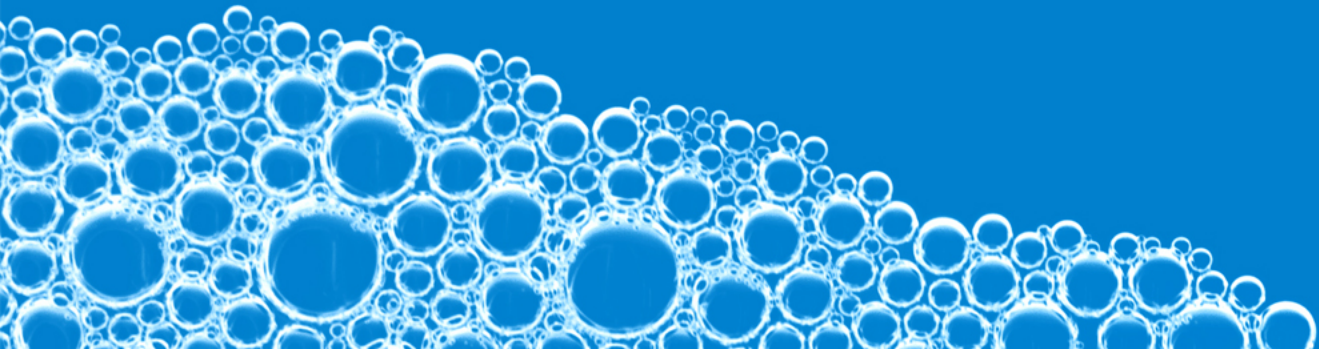
# Washing your hands



# Washing your hands



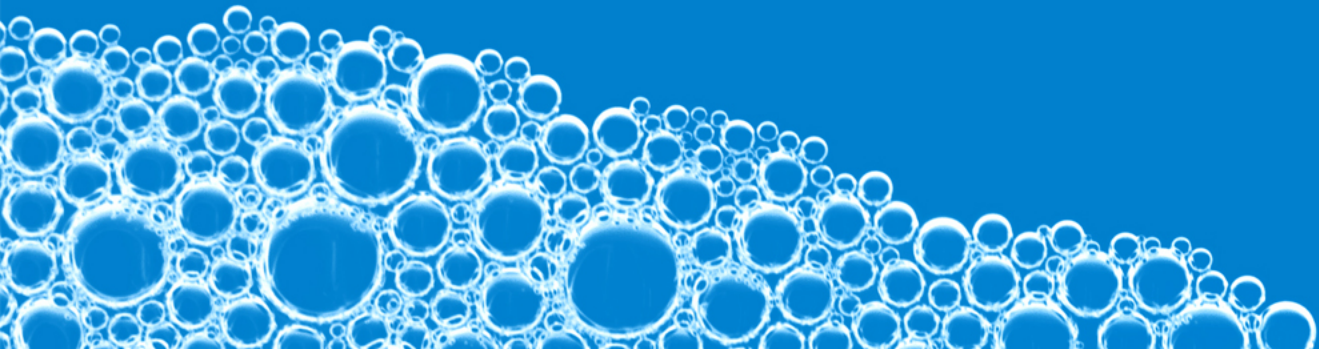
- Use soap and running water
- Wash hands for at least 20 seconds
- Dry hands thoroughly with air dryer or paper towel after washing
- If soap and water is not available, use alcohol-based hand rub



# Washing your hands



- When you arrive at work
- When you arrive home
- After getting off public transport
- Before, during and after preparing food
- Before and after eating food



# Washing your hands



- After sneezing or coughing
- After using the toilet
- During daily activities where you are touching many surfaces
- If you are caring for someone who is unwell

