IT'S NOT ROCKET SCIENCE... BUT ARE YOU DOING IT RIGHT?

1. WET
Turn on the tap & wet your hands.

2. SOAP
Use soap to work up a good lather. Water itself won't do much!

3. SCRUB
Wash your palms, the backs of your hands, in between your fingers & underneath your fingernails for at least 20 seconds.

TIP! Sing Hakuna Matata while you scrub for a good length!

4. RINSE
Completely rinse off all soap.

5. DRY
Leave the tap on, then dry hands with a clean paper towel. Turn the tap off with the towel to keep your hands clean.

TIP! Use a towel rather than your clean hands to open the door before you leave

Centres for Disease Control & Prevention
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