

# WASH YOUR HANDS!

## HELP PREVENT THE SPREAD OF FLU, CORONAVIRUS AND OTHER VIRUSES

Washing our hands is the biggest defence we have against the spread of viruses.

### How to wash your hands thoroughly:



Wet hands with water



Use soap



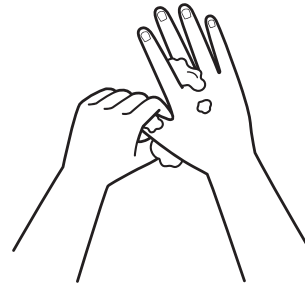
Palm to palm



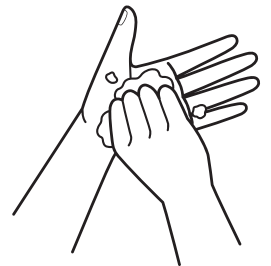
Palm to palm fingers interlaced



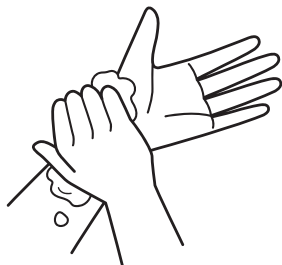
Back of hands



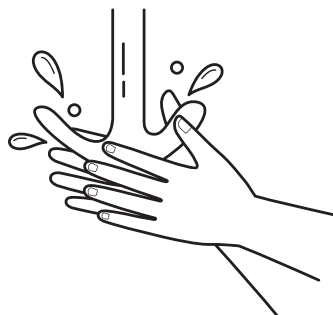
Base of thumbs



Fingernails



Rotationally rub wrists



Rinse hands with water



Dry hands thoroughly with towel