

# Wash Your Hands – Give Yourself a Hand Infographic

**STOP THE SPREAD OF GERMS  
WASH YOUR HANDS!**

Use water and soap and count slowly to 20 to reduce the risk of infection caused by bacteria and harmful germs!

- 1 WET HANDS & APPLY SOAP
- 2 PALM TO PALM
- 3 BACK OF HANDS
- 4 BETWEEN FINGERS
- 5 WASH THUMBS
- 6 PALMS & NAILS
- 7 WASH WRISTS
- 8 RINSE WELL
- 9 DRY HANDS

For additional hygiene, use a hand sanitiser containing not less than 60% alcohol

Source: <https://officecare.com>