How to wash your hands

With soap and water
Steps 1–4 below should take 40–60 seconds.

1. Wet hands, then apply soap
2. Lather for at least 20 seconds. Pay attention to the backs of hands and fingers, fingernails and the webbing between fingers
3. Rinse hands under running water
4. Dry hands with a clean towel, or fresh paper towel

With hand sanitiser

1. Apply enough product to cover both hands
2. Rub all surfaces of both hands
3. Rub hands together until dry

healthywa.wa.gov.au/protectyourself