PRACTICE GOOD HAND HYGIENE

Protect yourself, your family and the community by washing your hands regularly. Washing your hands properly takes about 20 to 30 seconds.

Washing your hands with soap and water or alcohol-based sanitiser kills viruses that may be on your hands. Always use soap and water if your hands are visibly soiled.



Wet your hands



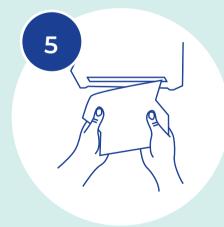
Put soap on your hands



Rub soap over your hands.
Don't forget to scrub between
your fingers, under your nails
and the top of your hands



Rinse hands with water



Dry your hands



Your hands are now clean

For more information and advice visit health.act.gov.au

