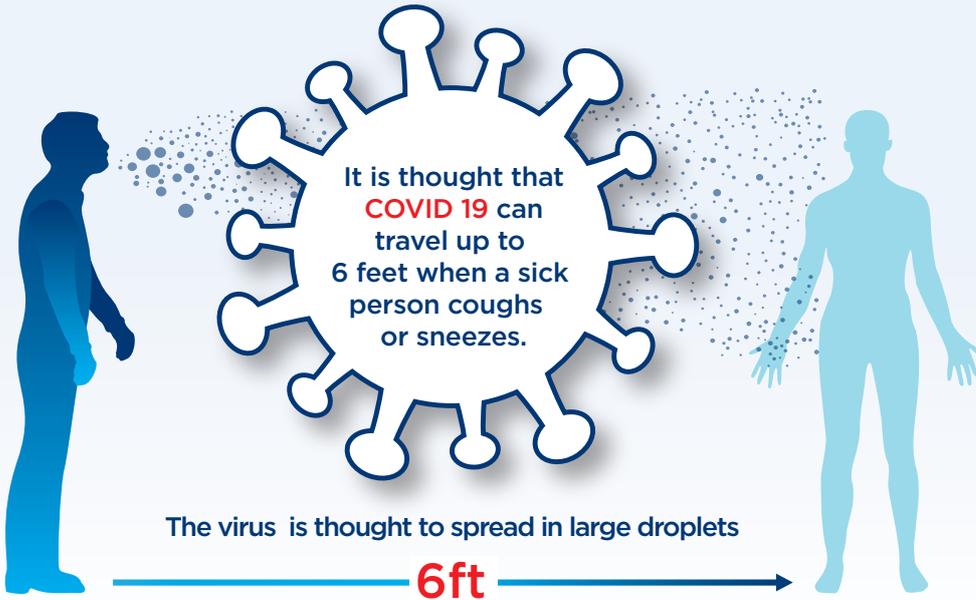


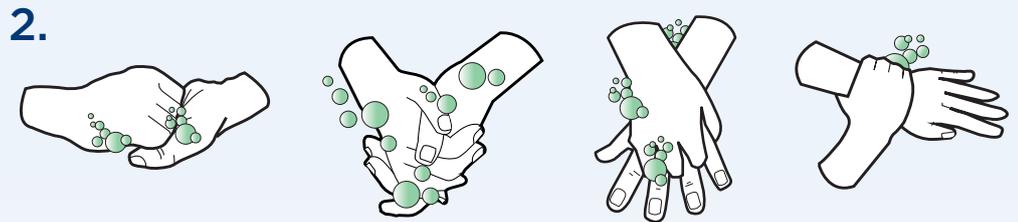
Protect Against COVID-19



Handwashing can reduce the risk of infections by **21%**

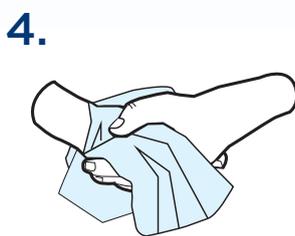
IT TAKES 20 SECONDS
To Help Prevent The Spread Of

COVID-19



1. Wet hands and apply soap.
2. Lather hands, fingernails and scrub.
3. Work soap up to the wrists and backs of the hand.

This process should last at least **20 seconds**



3. Rinse hands well under clean running water.
4. Dry hands using a clean paper towel or air dryer.
5. To finish, use a hand sanitiser.



Areas commonly missed