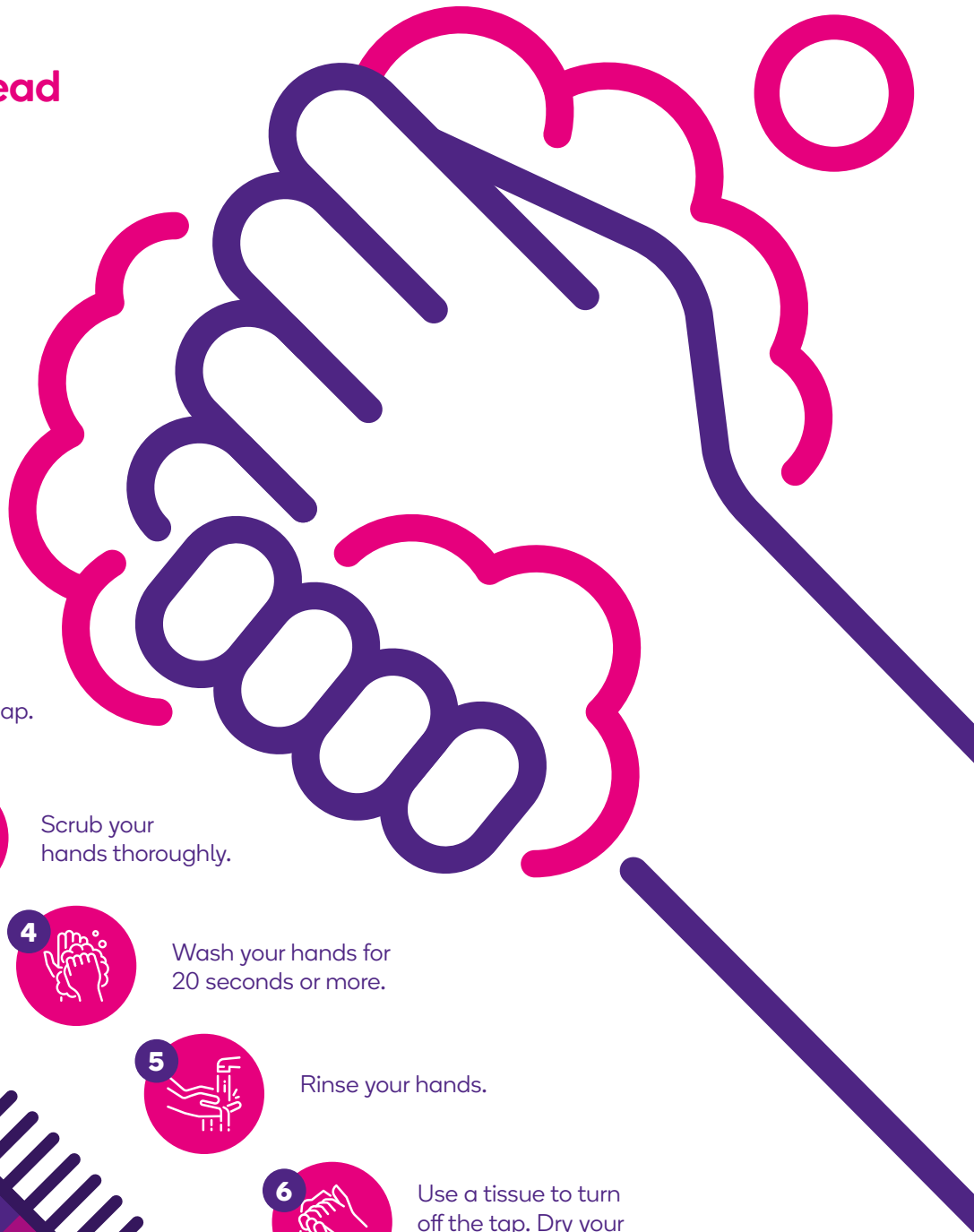# Please wash your hands

Help stop the spread of coronavirus.

Where possible wash your hands for 20 seconds or more.

Do this after coughing, sneezing or before touching food.
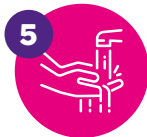
1 Turn tap on and wet your hands.

2 Apply soap.

3 Scrub your hands thoroughly.

4 Wash your hands for 20 seconds or more.

5 Rinse your hands.

6 Use a tissue to turn off the tap. Dry your hands thoroughly.

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