

Remember to wash your hands properly



Wet your hands with warm water



Put a small amount of soap onto your hands and rub it in.



Rub your hands together for at least 15 seconds. Sing Happy Birthday while you're washing.

Make sure all areas of your hand are covered in soap.



Rinse your hands under the warm water until all the soap has gone



Dry your hands with a paper towel or a hand dryer.