

How To Wash Your Hands



1
Wet your hands with warm water.



2
Put the soap on your hands.



3
Rub palm to palm then spread the soap all over.



4
Rub your hands together, all over - back, front, and in between fingers and thumbs for 15-20 seconds.



5
Rinse the soap off.



6
Dry your hands well for 15-20 seconds.

Date of issue: April 2006

**Community
& Public Health**

Canterbury District Health Board wishes to acknowledge Waikato District Health Board for the use of the photos and text from the How To Wash Your Hands poster.

Canterbury
District Health Board
Te Pōari Hauora o Waitaha

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