

Practice simple hygiene by washing hands regularly

1.
Wet hands



2.
Apply soap



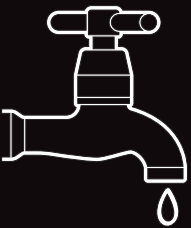
3.
Lather and scrub



4.
Rinse hands



5.
Turn off tap



6.
Dry hands



Spend 20 seconds
washing your hands