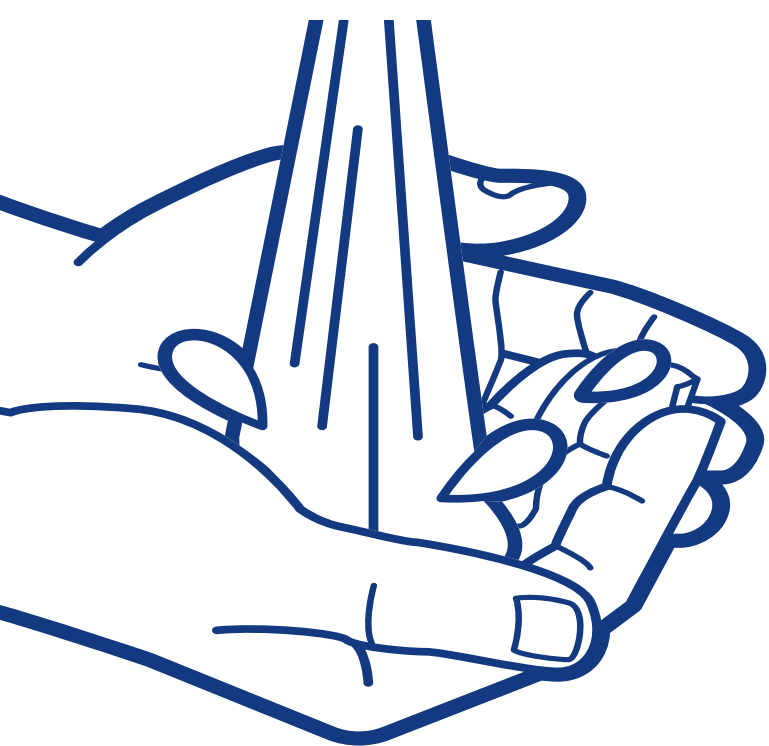


# Practise simple hygiene by washing hands regularly

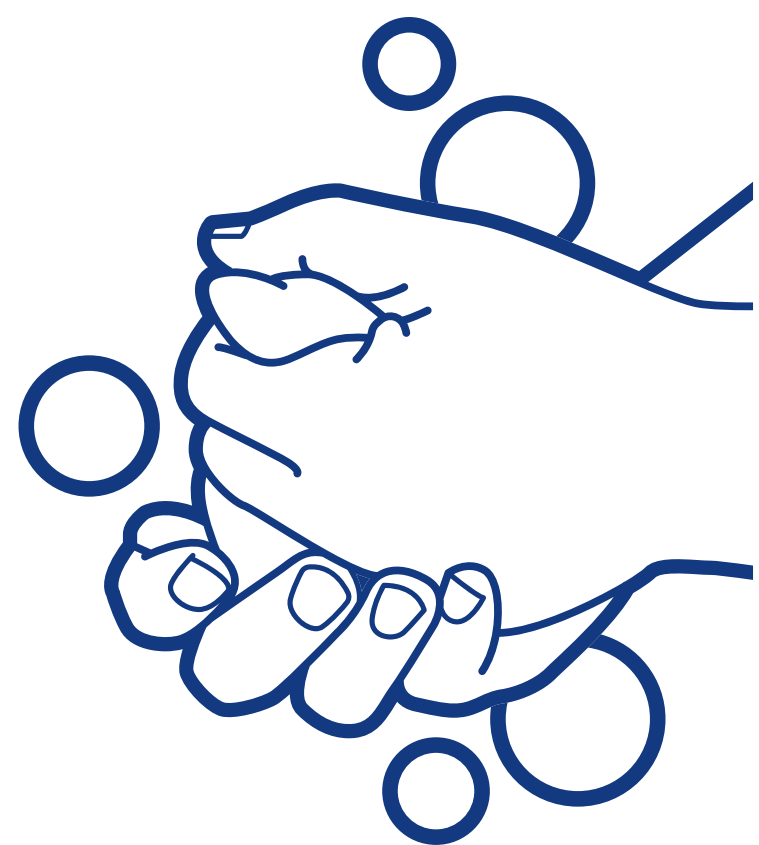
**1** Wet hands



**2** Apply soap



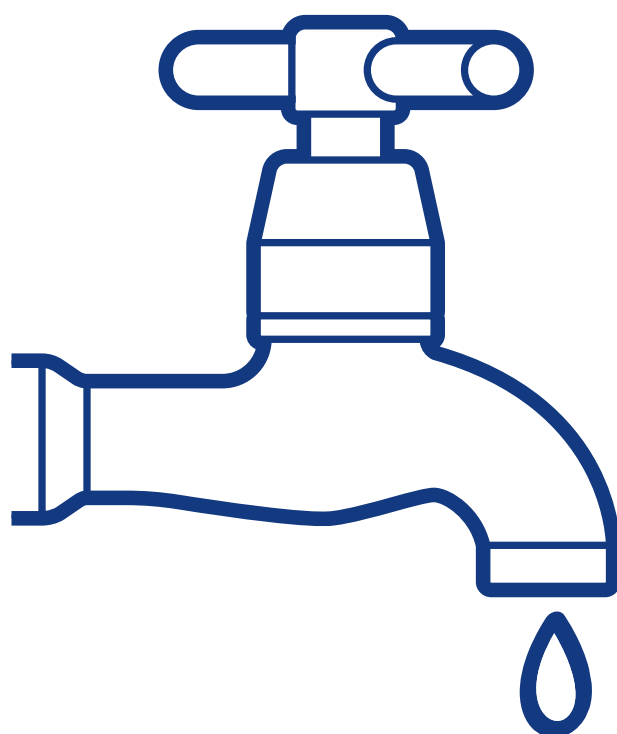
**3** Lather & scrub



**4** Rinse hands



**5** Turn off tap



**6** Dry hands



Spend **20 seconds** washing your hands.