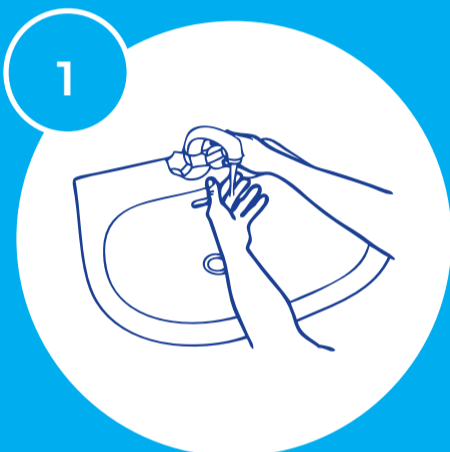


# PRACTISE GOOD HAND HYGIENE

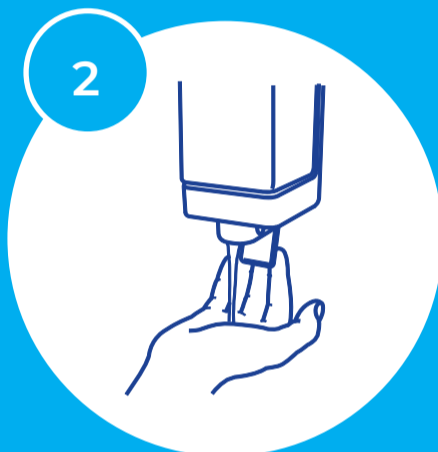


Protect yourself, your family and the community by washing your hands regularly. Washing your hands properly takes about 20 to 30 seconds.

Washing your hands with soap and water or alcohol-based sanitiser kills viruses that may be on your hands. Always use soap and water if your hands are visibly soiled.



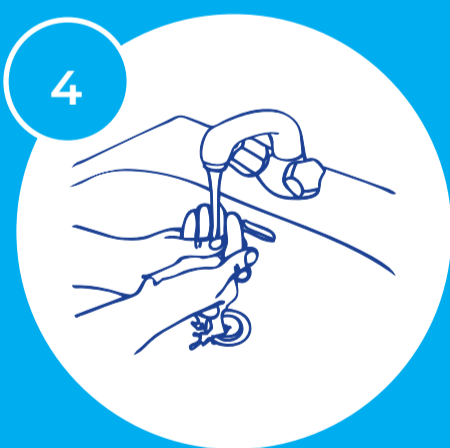
1  
Wet your hands



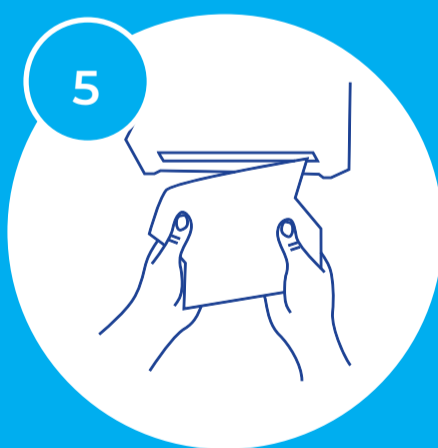
2  
Put soap on your hands



3  
Rub soap over your hands. Don't forget to scrub between your fingers, under your nails and the top of your hands



4  
Rinse hands with water



5  
Dry your hands



6  
Your hands are now clean

For more information and advice visit [health.act.gov.au](https://health.act.gov.au)



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