

# **CORONAVIRUS**

## **WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS**

**Use soap and water or a  
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's  
Action Plan go to [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

# Hand-washing technique with soap and water



1  
Wet hands  
with water



2  
Apply enough soap  
to cover all  
hand surfaces



3  
Rub hands palm  
to palm



4  
Rub back of each hand  
with palm of other hand  
with fingers interlaced



5  
Rub palm to palm with  
fingers interlaced



6  
Rub with back of fingers  
to opposing palms with  
fingers interlocked



7  
Rub each thumb clasped  
in opposite hand using a  
rotational movement



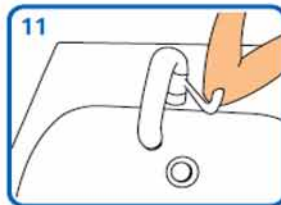
8  
Rub tips of fingers in  
opposite palm in a  
circular motion



9  
Rub each wrist with  
opposite hand



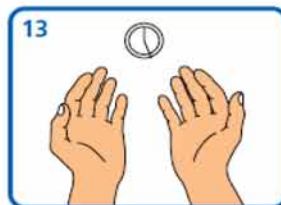
10  
Rinse hands  
with water



11  
Use elbow to  
turn off tap



12  
Dry thoroughly with  
a single-use towel



13  
Washing your hands should take  
at least 20 seconds



HM Government

**NHS**

# Coronavirus

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**CORONAVIRUS**

**PROTECT  
YOURSELF  
& OTHERS**