CATCH IT

BIN IT

KILL IT

NHS

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1

Wet your hands under running water (preferably warm); Apply soap

2

Make sure you apply soap and water to all surfaces of your hands for at least 20 seconds (sing Happy Birthday twice to yourself).

3

Rub your hands together vigorously

4

Rinse your hands under running water

5

Dry your hands thoroughly using disposable paper towels or hand dryer