

WASHING HANDS EFFECTIVELY



Rub hands together under warm running water then apply soap.



Rub your palms, back of your hands, between fingers and thumbs and your wrists.



Continue to wash hands for 20 seconds.



Leave the tap running whilst you dry your hands with a paper towel.



Turn the tap off using the paper towel.



Place the paper towel in the bin provided.



Preston
City Council

[preston.gov.uk/coronavirus](https://www.preston.gov.uk/coronavirus)

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