Protecting yourself from coronavirus



Hand Washing Procedure



Wash with water and soap, ensuring the entire back and front hand surface is covered



Lather palms together



Lather between fingers

4

Focus on both front and back of thumbs

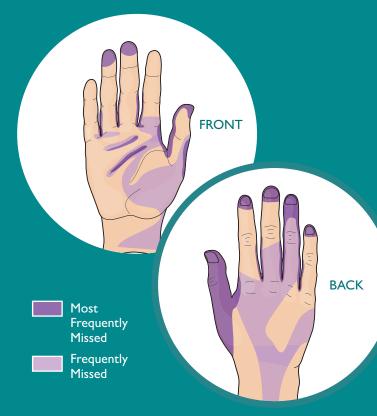


Make sure to reach the back of your hands



Lather wrists and rotate

Frequently missed spots when washing hands



For more information, visit **www.health.tas.gov.au/coronavirus**

