

Hand washing guidelines

It's very **important** that you wash your hands thoroughly after touching pets.

Washing your hands **protects** you, your family and pets from unwanted bugs.

1. Wet your hands
2. Put on the soap - into your cupped hands if it's a liquid
3. Clean them for 15 to 20 seconds
 - Palm to palm
 - Back of hands
 - Between the fingers
 - Finger tips
 - Thumbs and wrists
 - Nails
4. Rinse your hands thoroughly using running water
5. Dry using a clean towel or disposable paper one.



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