

**More GERMS**  
are spread by  
shaking hands  
than by kissing

## WASH YOUR HANDS



3. WET HANDS



2. APPLY SOAP



1. WASH for 20  
seconds



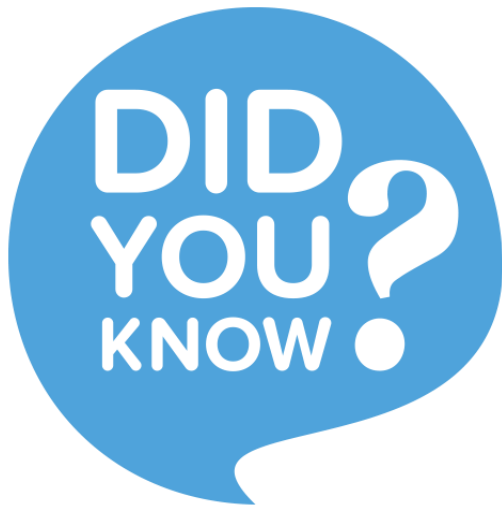
4. DRY



5. RINSE



6. TURN OFF TAP  
with paper towel



**There are more**  
**GERMS** on your  
**hands** than the  
**average toilet seat**

## **WASH YOUR HANDS**



3. **WET HANDS**



2. **APPLY SOAP**



1. **WASH for 20 seconds**



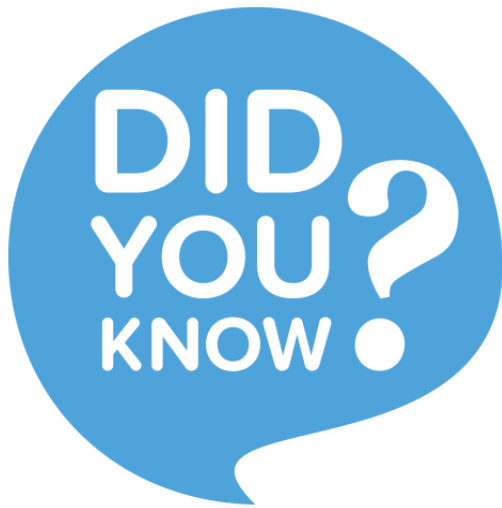
4. **DRY**



5. **RINSE**



6. **TURN OFF TAP with paper towel**



**There are 45,000 germs per square inch on your mobile phone**

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2. **APPLY SOAP**



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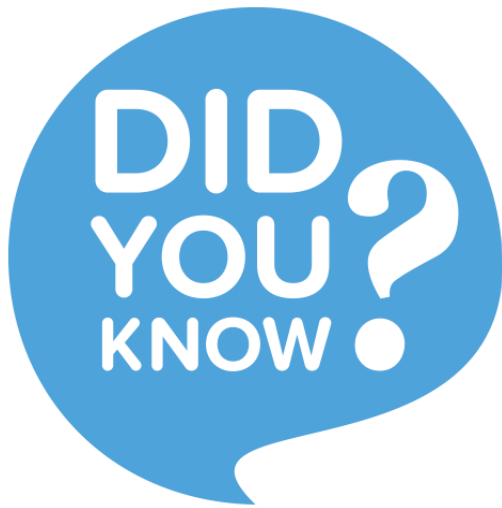
4. **DRY**



5. **RINSE**



6. **TURN OFF TAP with paper towel**



**1, 000, 000, 000, 000**  
**germs can live in**  
**one gram of poop**

*(That's the weight of a paper clip!)*

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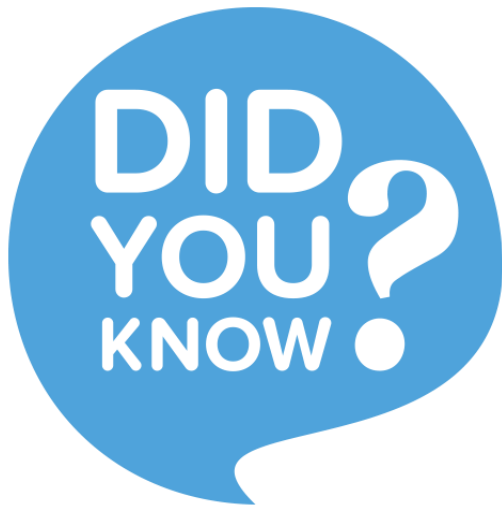
4. **DRY**



5. **RINSE**



6. **TURN OFF TAP with paper towel**



**Most GERMS**  
can survive on  
your **hands** for  
**3 hours**

## **WASH YOUR HANDS**



3. **WET HANDS**



2. **APPLY SOAP**



1. **WASH for 20 seconds**



4. **DRY**



5. **RINSE**



6. **TURN OFF TAP with paper towel**

