

# Protect yourself and your family

## Wash your hands regularly



**1** Wet your hands.

Put soap on your hands.



**2**



**3** Rub all parts of your hands until you have a thick lather.

Rinse your hands under running water.



**4**



**5** Dry your hands thoroughly with a disposable paper towel.

Stay germ free and healthy

A Victorian  
Government  
initiative

