## FOLKHÄLSOMYNDIGHETEN, 2020 ARTIKELNUMMER: 20034-2 SÅT VÄTTAR DU HÄNDERNA, ENGELSKA A4 GRAFISK PRODUKTION: ETC KOMMUNIKATION

## How to wash your hands



Wash your hands for at least 20 seconds



Wet your hands and apply plenty of soap



Lather your hands by rubbing them together with the soap



Rub the backs of your hands and between the fingers



Rub your thumbs



Rub your fingertips in the palm of your hand



Rinse your hands



7.
Dry your hands
using a paper towel



Use the paper towel to turn off the tap