Be a Soapy Hero

How to... wash your hands

WASH YOUR HANDS TO GET RID OF GERRY THE GERM

It only takes 20 seconds!

WET your hands with running water

Rub soap all over your hands for 20 seconds

Sing ‘happy birthday’ twice!

RINSE the soap off your hands

DRY your hands with a clean towel or paper towel or under a hand dryer

Wash your hands:
- whenever your hands look dirty
- after going to the toilet
- after coughing, sneezing or blowing your nose
- before and after eating
- after touching pets or other animals
- after you play

Find out more about hand hygiene at: www.betterhealth.vic.gov.au/soapy-hero