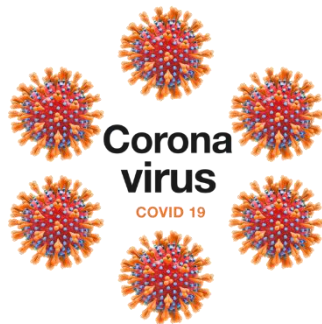# Washing your hands – the right way

You may have heard about a virus on the news called **Coronavirus**. Coronavirus is also called **COVID-19**.

Not everyone gets Coronavirus. Some people will get sick but most people recover ok.

One of the most important things you can do to help stop yourself and other people from getting sick is to wash your hands often.

Clean hands are very important. Hands can carry germs that can make you or other people very ill. Because we use our hands for lots of different things, they can get dirty. Sometimes, you can't see the dirt and germs.

Information about hand washing

It is very important to wash your hands at these times:

- After going to the toilet

- After you have sneezed or coughed

- When your hands are dirty or sweaty

- After touching animals

- Before touching or eating food

- Before, during and after making food

- After you have been around sick people

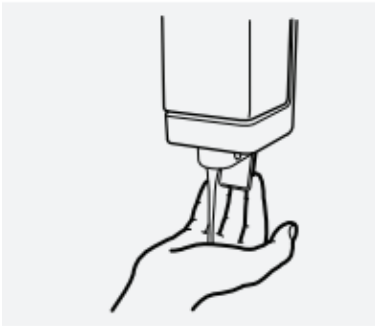- After you have touched your nose, eyes or mouth
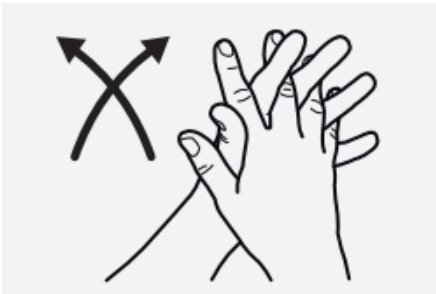
Information about hand washing

There is a right way to wash your hands to get rid of germs. There are 6 steps to follow:
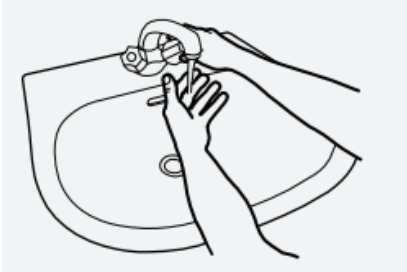
1. Wet your hands with warm water.

2. Put a small amount of soap onto your hands and rub it in between your hands.
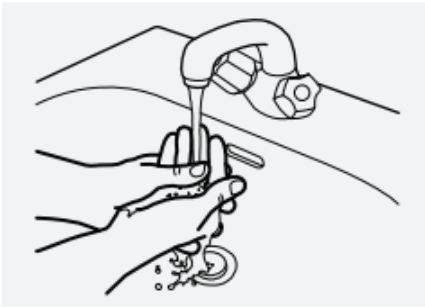
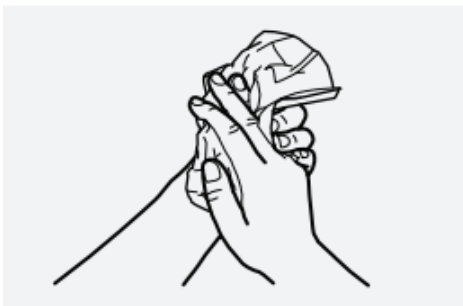3. Make sure the soap bubbles go between your fingers, around your fingertips and over your thumbs

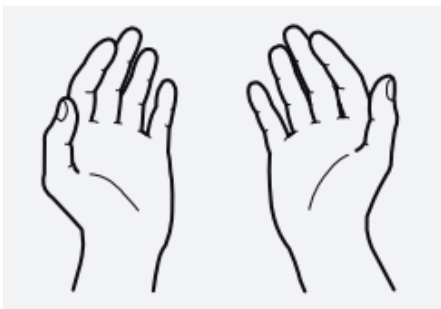4. Rub your hands together for at least 20 seconds.

5. Rinse your hands with warm water until all the soap has gone.

6. Dry your hands with a paper towel or hand dryer. You can use the same paper towel to turn off the tap so that your hands stay clean.

Your hands are now safe!

If you have any questions about Coronavirus, you can call our free hotline. It is run by nurses. It is free to call on **1800 983 006** at any time of day or night.