**EFFECTIVE HANDWASHING**

**Updates on the World Health Organisation guidance below can be found at:** [**https://www.who.int/gpsc/clean\_hands\_protection/en/**](https://www.who.int/gpsc/clean_hands_protection/en/)

**Clean hands protect against infection, so protect yourself:**

* Clean your hands regularly.
* Wash your hands with soap and water, and dry them thoroughly.
* Use alcohol-based hand rub if you don’t have immediate access to soap and water.

**How do I wash my hands properly:** washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below:

