Wash your hands - it's easy

**Foam**
Use decent amount of soap.

20-30 Sek

**Scrub**
Lather hands completely for about 20 seconds, also between fingers and fingertips.

**Wash**
Cleanse hands well under running water.

**Dry**
Wipe hands thoroughly with clean towel if possible tissue.

1 Rinse
Wet hands under running water.

2 Foam
Use decent amount of soap.

3 Scrub
Lather hands completely for about 20 seconds, also between fingers and fingertips.

4 Wash
Cleanse hands well under running water.

5 Dry
Wipe hands thoroughly with clean towel if possible tissue.