



**FOOD  
SAFETY  
INFORMATION  
COUNCIL**

# How to wash your hands **PROPERLY**

Always wash and dry your hands before eating food and after going to the toilet.



**1**  
Wet your hands and rub together well to build up a good lather with soap as the suds help loosen the bugs. Do this for at least 20 seconds and don't forget to wash between your fingers and under your nails.



**2**  
Rinse well under running water to wash away the bugs from your hands.



**3**  
Dry your hands thoroughly on a clean towel or paper towel for at least 20 seconds (a hand dryer may take longer).



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TOTAL HYGIENE SOLUTIONS

You can time 20 seconds by singing "Happy Birthday To You".

The Food Safety Information Council is Australia's leading disseminator of consumer-targeted food safety information and a health promotion charity.

For more information see [www.foodsafety.asn.au](http://www.foodsafety.asn.au)