

Coronavirus advice

The best way to protect yourself and others is to wash your hands thoroughly for 20 seconds:



1. Wet hands and apply soap



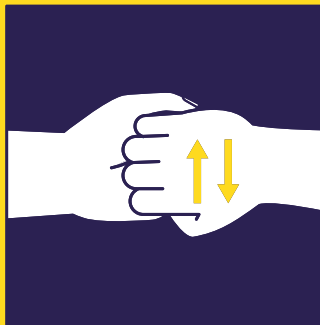
2. Rub hands palm to palm



3. Lather the backs of your hands



4. Scrub between your fingers



5. Rub backs of fingers on opposing palms



6. Clean thumbs



7. Wash fingernails and fingertips



8. Rinse hands



9. Dry with a single use towel, and turn off tap using towel.