

How not to catch or spread coronavirus Washing your hands

Wash your hands for as long as it takes to sing Happy Birthday twice



Wet your hands with water



Put soap all over your hands



Rub your hands together



Scrub the front and back of your hands and between your fingers



Rinse your hands



Dry your hands



Adapted from /www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/ PCS® by Tobii Dynavox® and Boardmaker® For a free trial go to www.boardmakeronline.com