

— *Frequent hand washing helps* —

F.I.G.H.T.

the spread

Wash your hands with soap and water using these 8 simple steps:



1. Palm to palm



2. Between fingers



3. Back of hands



4. Base of thumbs



5. Back of fingers



6. Fingernails



7. Wrists



8. Rinse and wipe dry

Supported by:



RESTROOM
ASSOCIATION
(SINGAPORE)

