

# Protect yourself and your family

Wash your hands regularly



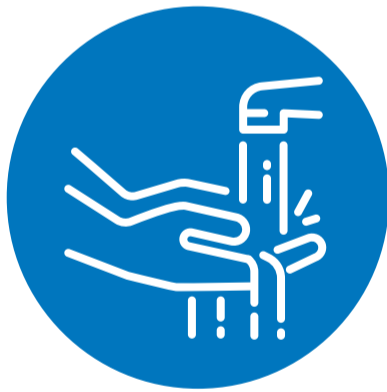
1. Wet your hands



2. Put soap on  
your hands



3. Rub the soap over all  
parts of your hands for  
at least 20 seconds



4. Rinse your  
hands under  
running water



5. Dry your hands  
thoroughly with  
disposable paper towel  
or hand dryer



Staying apart keeps us together

For more information about coronavirus (COVID-19),  
please visit [vic.gov.au/coronavirus](https://vic.gov.au/coronavirus)

Authorised by the Victorian Government, 1 Treasury Place, Melbourne

