## **#StopTheSpread**

The recommended duration of handwashing is **15-20 seconds**.

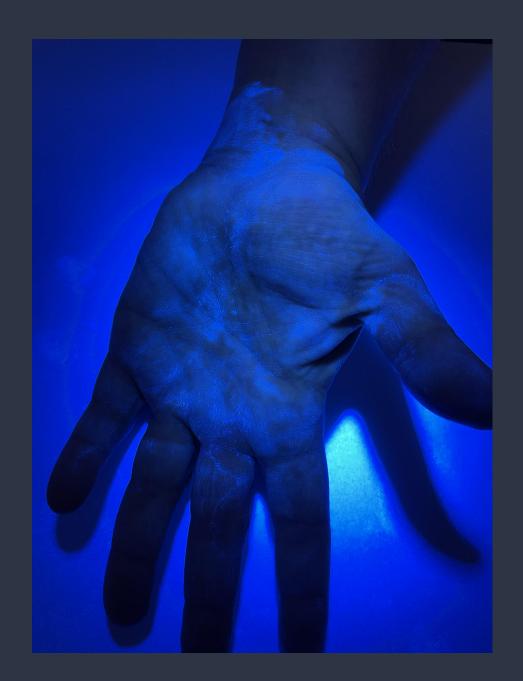
If you don't wash your hands for this duration, you will be helping to spread germs throughout the service.

**Source:** World Health Organization

**5 second** hand wash - hardly washes any germs away.



10 second hand wash - still plenty of germs



15 second hand wash - most of the germs are gone

