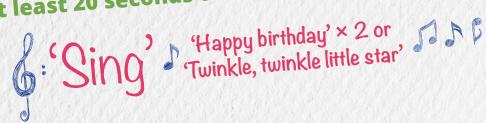
COVID-19: 1 your hands Clean hands protect against infection.

Wash hands for at least 20 seconds to kill viruses or bacteria.







Wet hands

with water & apply enough soap to cover all surfaces of the hands



Rub hands

palm to palm to obtain a good quantity of foam



Rub the right palm

over the back of the left hand with interlaced fingers - and vice versa



Rub hands

palm to palm again, with fingers interlaced



Rub the back

of your fingers into the opposing palm with fingers interlaced



Rub rotationally

with the left hand clasped in right palm and vice versa



To clean the tips

of the fingers, group them into a point and rub them into the opposite palm in a rotational pattern



Rinse hands

thoroughly with running water



Dry hands

thoroughly with a single-use towel

If the tap is not elbow operated, use the same towel to turn off the tap.

NOTE: Use of an alcohol-based hand rub is not appropriate when hands are visibly dirty or after using the toilet. Ideally, use soap and water to clean your hands.

Stay informed. Stay in the healthy zone.

