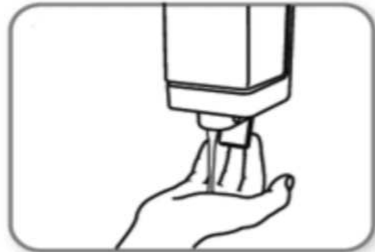


Wash your hands properly

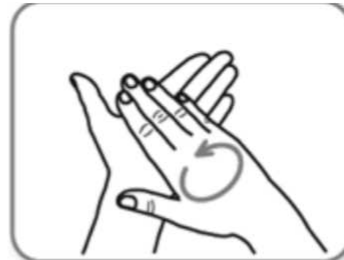
It should take you at least 20 seconds



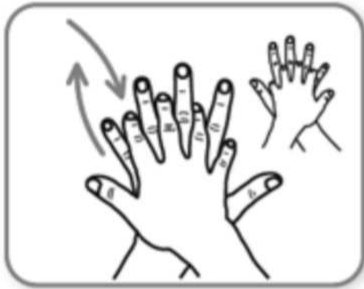
Wet hands with water and turn off the faucet.



Apply a generous amount of liquid or bar soap.



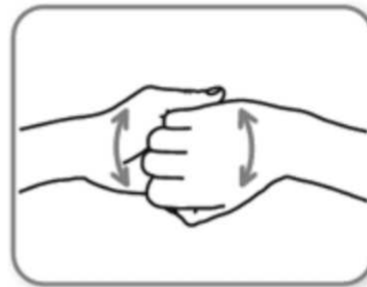
Start rubbing hands palm to palm.



Rub the right palm with the back of the left palm with fingers interlaced and vice versa.



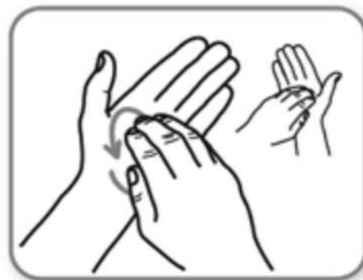
Rub palm with palm and rub in between interlaced fingers.



Rub fingers on the palms of your hands



Rotational rub of the left thumb buckled to the right hand and vice versa.



Rotational rub front to back with the right-hand fingers on the left palm and vice versa.



Rinse your hands with clean water and close the faucet.

-If you cannot wash your hands properly, sanitize your hands with a product that contains 60% or more of alcohol.

-Keep the faucet handles properly disinfected.

-Keeping your nails short will make it easier to maintain clean hands.

-20 seconds of washing your hands with soap are equivalent to doing 34 steps. Try it!

-Dry your hands with a clean towel or with air.

Source: https://www.who.int/gpsc/clean_hands_protection/en/