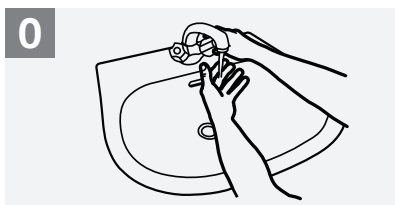


Wash your hands

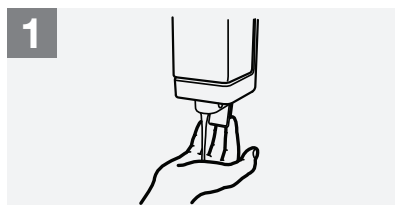
WITH SOAP AND WATER



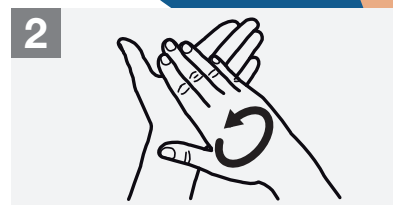
 Duration of the entire procedure: **40-60 seconds**



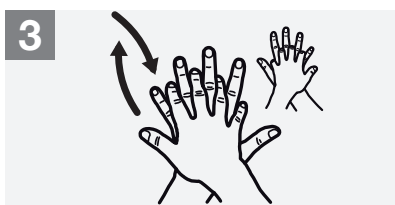
0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



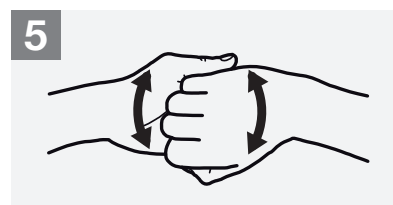
2 Rub hands palm to palm;



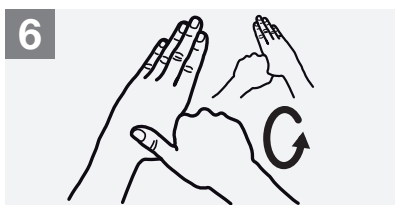
3 Right palm over left dorsum with interlaced fingers and vice versa;



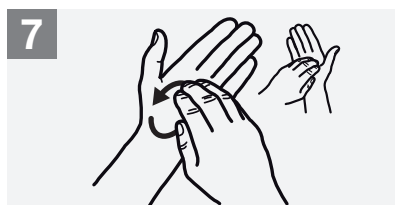
4 Palm to palm with fingers interlaced;



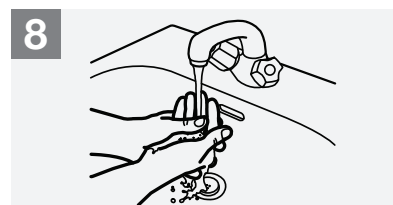
5 Backs of fingers to opposing palms with fingers interlocked;



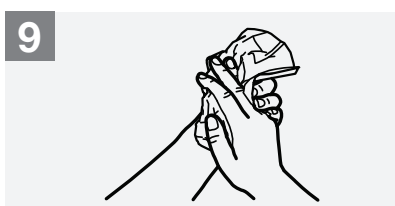
6 Rotational rubbing of left thumb clasped in right palm and vice versa;



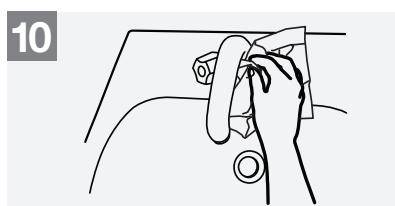
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



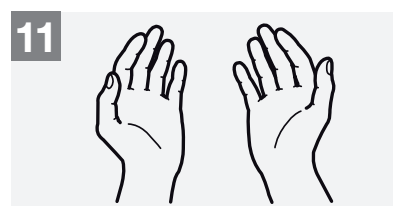
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

Having clean hands reduces the spread of diseases like COVID-19

PAHO



Pan American
Health
Organization



World Health
Organization
ORGANIZACIÓN
MUNDIAL DE LA SALUD

BE AWARE. PREPARE. ACT.

www.paho.org/coronavirus