Wash your hands

WITH SOAP AND WATER

Duration of the entire procedure: 40-60 seconds

Wet hands with water;
Apply enough soap to cover all hand surfaces;
Rub hands palm to palm;
Right palm over left dorsum with interlaced fingers and vice versa;
Palm to palm with fingers interlaced;
Backs of fingers to opposing palms with fingers interlocked;
Rotational rubbing of left thumb clasped in right palm and vice versa;
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
Rinse hands with water;
Dry hands thoroughly with a single use towel;
Use towel to turn off faucet;
Your hands are now safe.

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