

CORONAVIRUS

How to properly wash your hands

1



Rinse your hands with water

2



Put in your hand a sufficient amount of soap to cover all areas of both hands

3



Rub the palms of your hands together

4



Rub the palm of your right hand over the back of your left hand, interlacing the fingers and vice versa

5



Rub the palms of the hands together with the fingers interlaced

6



Rub the back of the fingers of your opposite hand with the palm of the other, clutching the fingers

7



Rub the left thumb in a rotating motion, catching it with the palm of the right hand and vice versa. Repeat with the rest of the fingers

8



Rub the fingertips of your right hand into the palm of the left, with a rotating motion and vice versa

9



Wash your hands with water

10



Dry your hands with a disposable towel

11



Use the towel to clean the sink

Duration of the process:
40-60 seconds