

Effective handwashing

1



Washing your hands with soap and water
Wet your hands abundantly, apply enough soap to cover all surfaces of your hands and rub thoroughly.

1



Scrubbing with a hand-sanitizer
Fill the palm of your hand with the sanitizer, cover all surfaces of your hands and rub them together.

2



Palm against palm by a turning movement.

3



Apply with the back of your left hand a forward and backward movement by the palm of your right hand, and vice versa.

4



Interdigital hand spaces, palm against palm and fingers intertwined, exercising a forward and back movement.

5



The backs of the fingers in the palm of the opposite hand, with a movement to and from the side.

6



The thumb of the left hand by rotation in the right hand, and vice versa.

7



The fingertips of the right hand in the palm of the left hand, and vice versa.

8



Rinse your hands with water.

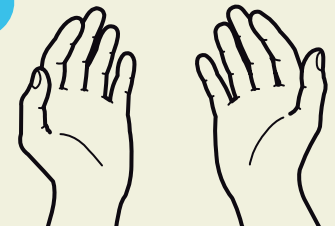


Dry carefully your hands with disposal hand wipe.



Close the tap using the same hand wipes..

9



Your hands are clean.