HOW TO CLEAN YOUR HANDS

1. Wet hands with water
2. Pour soap in the palm of your hand
3. Rub your hands for 15 to 20 seconds: fingers, palms, hands tops and wrists
4. Interlace your hands to clean the area between your fingers
5. Also clean the nails
6. Rince your hands under water
7. Dry thoroughly with a single-use towel
8. Turn off tap with the towel and throw it in a trash can

If you do not have soap or water, use a hydroalcoholic solution to perform the same gestures (steps 2 to 5). Be sure to rub your hands until they are dry.

Everyone's actions make everyone's health.