



HOW TO CLEAN YOUR HANDS



Wet hands with **water**



Pour **soap** in the palm of your hand



Rub your hands for 15 to 20 seconds:
fingers, palms, hands tops and wrists



Interlace your hands to clean
the area **between your fingers**



Also **clean the nails**



Rinse your hands **under water**



Dry thoroughly with a single-use **towel**



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.

