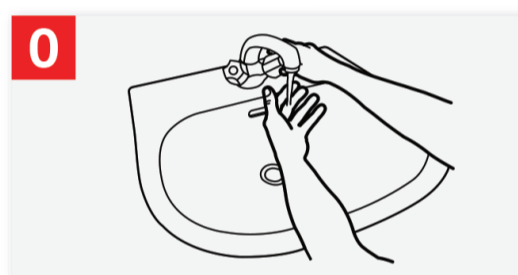


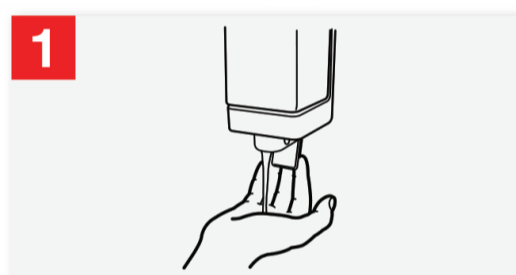
HANDWASHING

STEP BY STEP FOR OPTIMAL PROTECTION

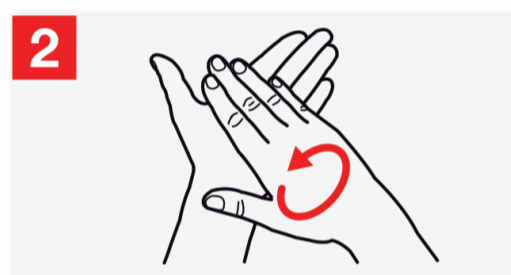
SOURCE: WHO 2016 - http://www.who.int/gpsc/clean_hands_protection/en/



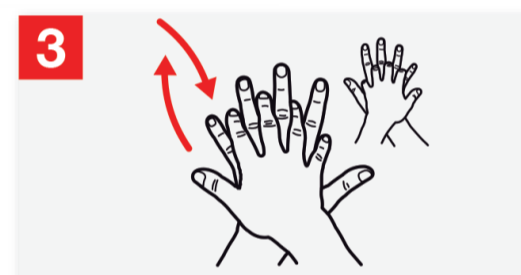
Wet hands with water;



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;



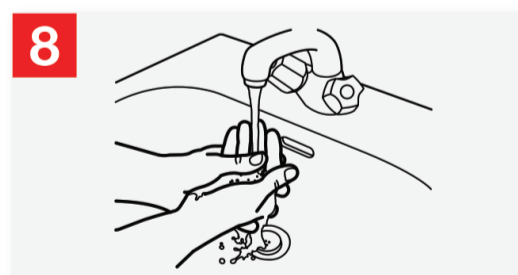
Backs of fingers to opposing palms with fingers interlocked;



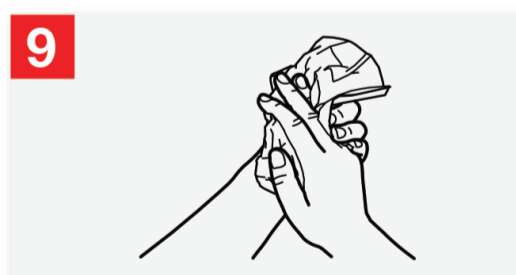
Rotational rubbing of left thumb clasped in right palm and vice versa;



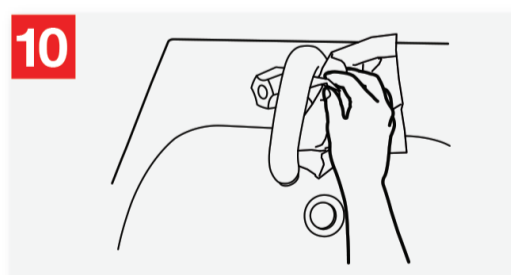
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



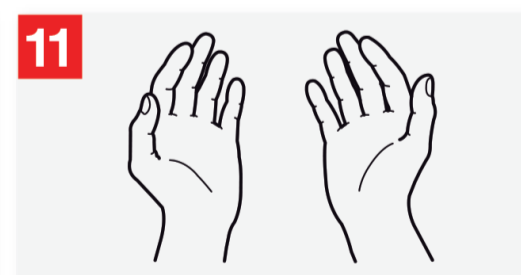
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



Did you know that the WHO recommends to ...

... wash your hands with liquid soap and warm water and dry them carefully with a disposable hand towel.