



HOW TO PERFORM FREQUENT HAND WASHING WITH SOAP AND WATER?

RECOMMENDED TIME: 20 SECONDS

01



Wet the hands
with water

02



Apply enough soap to
cover the hands

03



Rub the palms of
your hands together

04



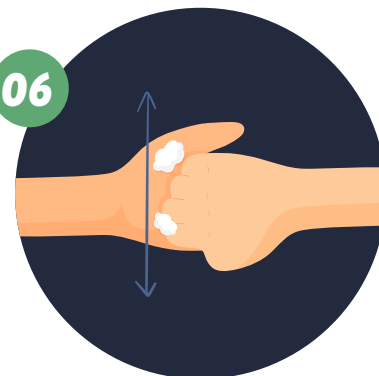
Right palm on the left,
including the backs of the
hands and with crossed fingers

05



Also palm to
palm with
interlaced fingers

06



Rub the back of the
fingers with the
opposite palm

07



Rub the left thumb
circularly with the right
palm and vice versa

08



Rub in circles,
back and forth

09



Rinse hands well
with water

10



Dry hands
thoroughly with a
single-use towel

11



Use a paper to close the
faucet and open the
bathroom door

12



Hands are
now clean!