

HOW TO PROPERLY WASH YOUR HANDS

to avoid the spread of infectious diseases



WASH FOR 30 SECONDS WITH SOAP

Lather soap and wash the palms of your hands

1



Wash the backs of your hands

2



Carefully wash your fingertips and under your nails.

3



Wash between your fingers.

4



Wash your thumbs in a twisting motion

5



Don't forget to wash your wrists

6

