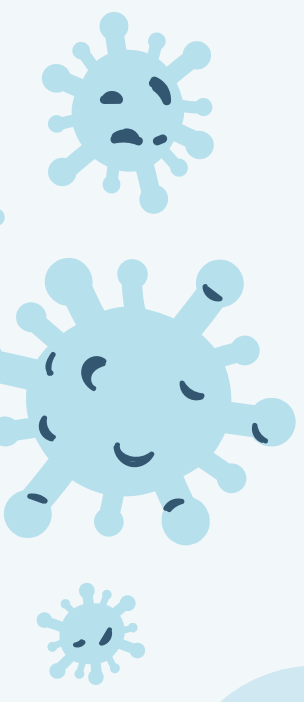


How to keep your hands clean ?

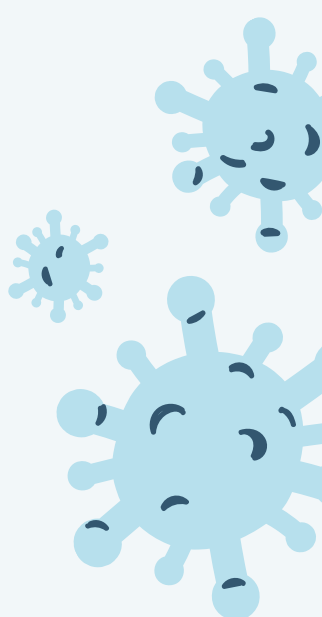




Hand washing is one of the best ways to protect yourself and your family by:

- Get rid of germs and avoid getting sick.
- Maintain personal hygiene.

Hand washing means cleaning the hands either by using hand washing (washing hands with soap and water), or hand rub with sanitizer (alcohol-based hand sanitizer including foam or gel).



When to wash hands:



If the hands are contaminated



Before and after using the bathroom



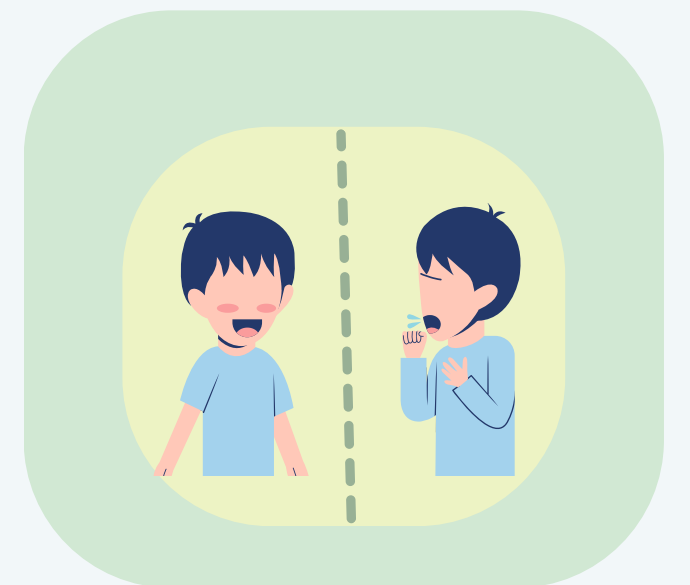
After blowing your nose, coughing or sneezing



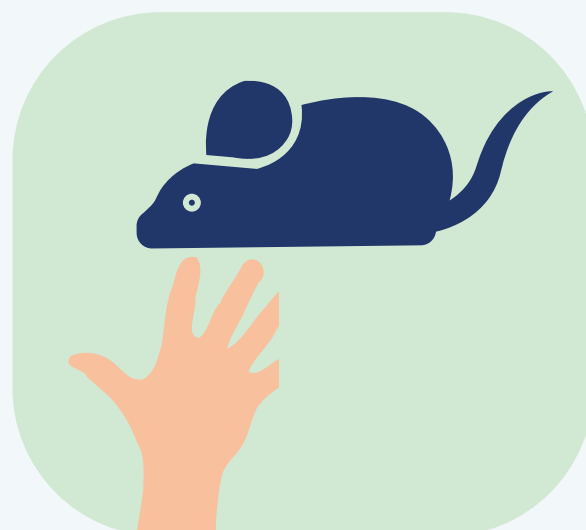
After playing



After touching the garbage



Before and after close contact with infected individuals



After touching animals, their food or their waste

How do you wash your hands?

 40 to 60 seconds



Wet your hands with water



Apply a sufficient amount of soap to cover the surface of the hand



Rub the soap using the palms of your hands



The palm of the right hand is on the back of the left hand with the fingers overlapping and vice versa



The palm of one hand is facing the palm of the other hand with the fingers overlapping



Back of the fingers with the palm of the other hand with the fingers together



Rub hands and thumbs in a circular motion



Wipe the palm of the right hand using the fingers of the left hand in a circular motion, clockwise and counterclockwise



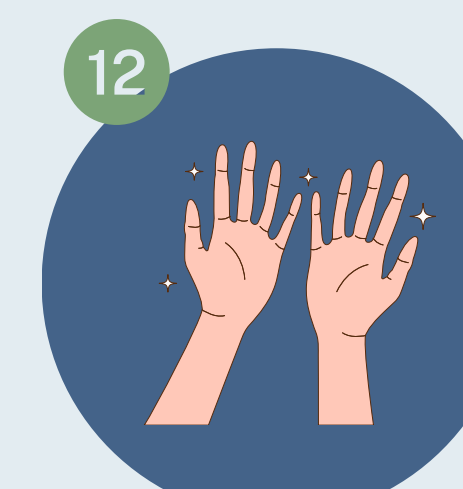
Rinse your hands with water



Dry your hands well with a disposable towel



Use the towel to turn off the water tap



Your hand is safe now

How do you sterilize your hands with disinfectant solutions?

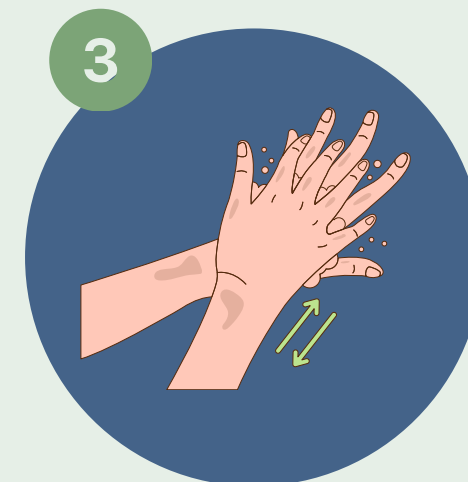
 20 to 30 seconds



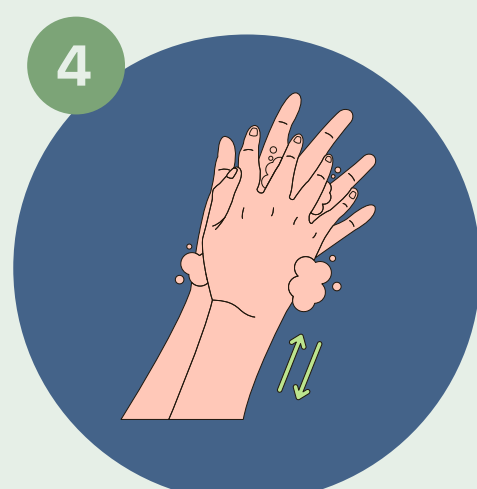
Place one spray of the solution on the palm of your hand



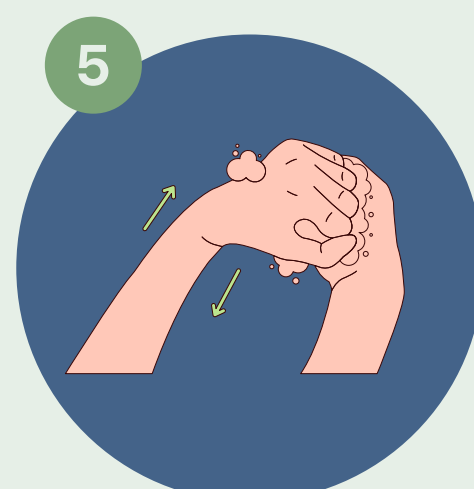
Rub your palms together up to the wrists



Rub the palm of the right hand on the back of the left hand with the fingers interlaced and vice versa



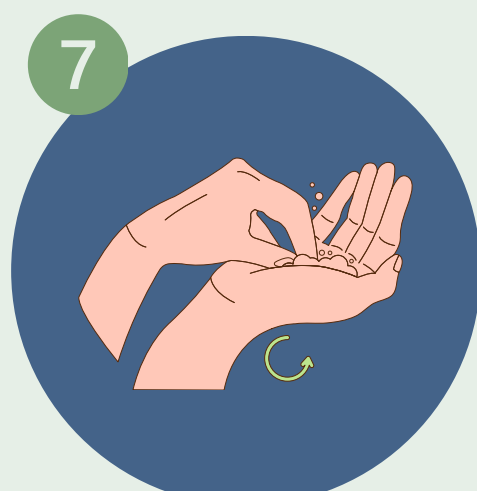
Rub the palm of one hand against the palm of the other hand, interlacing the fingers



Rub the back of the fingers with the palm of the other hand, bringing the fingers together



Circular rubbing of the left thumb inside the palm of the right hand and repeating in reverse



Vigorously rub circularly, with the fingers of the right hand cupped in the palm of the left hand and vice versa



Your hands are clean once they are dry