

Coronavirus (COVID-19)

Hand washing – Simplified visual version

Steps for washing my hands

1. Turn on the tap.



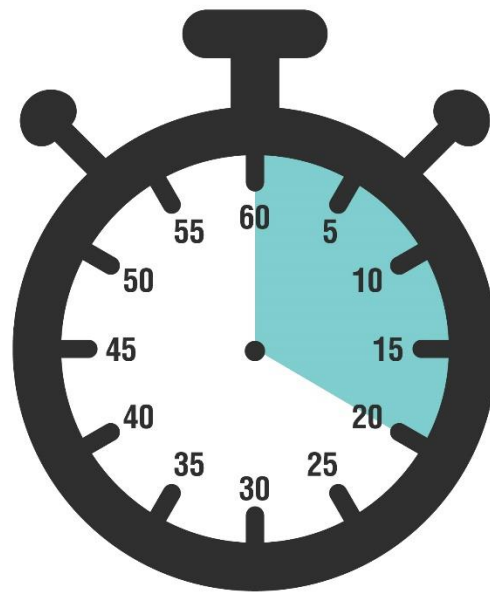
2. Put water on my hands.



3. Put soap on my two hands.



4. Rub my hands for 20 seconds.



20 SEC.

Clean my fingernails.



Clean my thumbs.



5. Rinse my hands with water to take off all the soap.



6. Wipe my two hands.



7. Turn off the tap using paper.



8. Throw the paper in the garbage.



Great!! I've washed my hands the right way.

When do I have to wash my hands?

AS SOON AS I go inside my house



WHEN my hands are dirty



WHEN I'm asked to wash my hands at the grocery store or somewhere else



AFTER I sneeze or cough



AFTER blowing my nose



AFTER going to the bathroom



AFTER touching the garbage



BEFORE eating

