

How to wash your hands properly



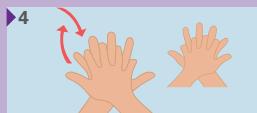
▶ 1 Moisturise hands with water



▶ 2 Apply enough soap to cover both hands



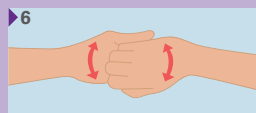
▶ 3 Rub the palms of your hands together



▶ 4 Rub the right palm on the back of the left by intertwining the fingers and vice versa



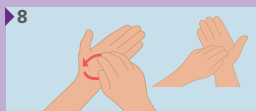
▶ 5 Rub palm against palm by intertwining fingers



▶ 6 Rub the back of the fingers against the palm of the opposite hand and squeeze your fingers



▶ 7 Rub the left thumb with the palm of the right hand in a rotation movement and vice versa



▶ 8 Rub the fingertips of the right hand against the palm of the left hand with a rotation movement and vice versa



▶ 9 Rinse hands with water



▶ 10 Dry them with a single-use cloth



▶ 11 Use the cloth to close the tap



▶ 12 The hands are now safe

According to WHO guidelines, validated by the Infection Prevention and Control Department



WARNING

Hands are the main vector of contamination. Encourage your child and other members of the family to wash them regularly:

- ▶ before each meal
- ▶ after each meal
- ▶ after going to the toilet
- ▶ after leaving the house.