Clean your hands

How to handrub?
WITH 60%-95% ALCOHOL-BASED FORMULATION

1a. Apply a palmful of the product in a cupped hand and cover all surfaces.
1b. Rub hands palm to palm right palm over left dorsum with interlaced fingers and vice versa.

2. Rub hands palm to palm
3. Right palm over left dorsum with interlaced fingers and vice versa
4. Palm to palm with fingers interlaced
5. Backs of fingers to opposing palms with fingers interlocked
6. Rotational rubbing of left thumb clasped in right palm and vice versa
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

How to handwash?
WITH SOAP AND WATER

0. Wet hands with water
1. Apply enough soap to cover all hand surfaces.
2. Wet hands with water
3. Apply enough soap to cover all hand surfaces.

8. Rinse hands with water
9. Dry thoroughly with a single use towel
10. Use towel to turn off faucet

Having clean hands reduces the spread of diseases like COVID-19

20-30 sec
40-60 sec

...once dry, your hands are safe.
...and your hands are safe.

PAHO
Pan American Health Organization
World Health Organization
BE AWARE. PREPARE. ACT.
www.paho.org/coronavirus