

Health workers and coronavirus

How to wash your hands

- Use 70% alcohol-based hand rub or soap and water.
- If hands visibly soiled, use soap and water.



- If using soap and water, rinse hands in clean water and apply soap to palm.



- If using hand rub, apply palmful to cupped hand.

- Clean your hands for at least 20 seconds using steps 1-6 below:



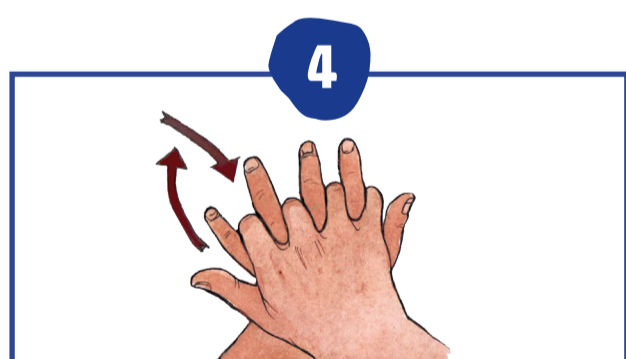
Rub palms together.



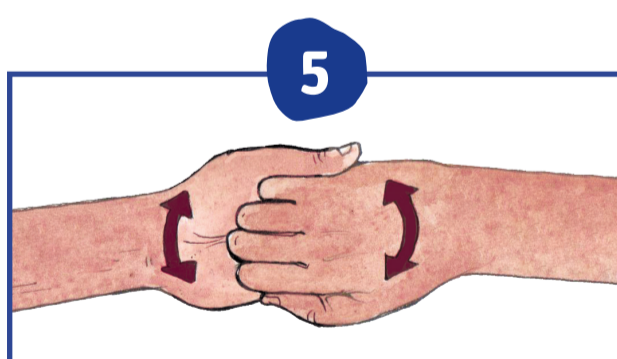
Rub tips of nails against palm. Swap hands.



Rub fingers between each other.



Place one hand over back of other, rub between fingers. Swap hands.



Grip fingers and rub together.



Rub each thumb with opposite palm. Swap hands.

- If using soap and water, rinse your hands with clean water and dry on paper towel or allow to dry on their own. Avoid shared towels.

