DEALING WITH CORONAVIRUS

How to wash your hands properly

1. Start by wetting your hands with plenty of water.
2. Place enough soap in the palm of your hand to cover the entire surface.
3. Rub the palms of your hands together for a few seconds.
4. Rub the palm of the right hand against the back of the left hand, interlacing the fingers, and vice versa.
5. Rub the palms of your hands together for a few seconds.
6. Rub palms together, interlacing the fingers.
7. Rub the back of the fingers of one hand with the palm of the opposite hand holding the fingers.
8. Rub your left thumb in a rotating motion, holding it with your right hand and vice versa.
9. Rub the tips of the right hand against the palm of the left hand in a rotating motion and vice versa.
10. Rub your left thumb in a rotating motion, holding it with your right hand and vice versa.
11. Rinse your hands with water.
12. Dry your hands with a disposable towel.
13. Turn off and clean the tap with the towel.
14. Now your hands are safe.

How to disinfect your hands

1. Place in the palm of the hand a sufficient amount to cover all surfaces.
2. Rub the palms of your hands together for a few seconds.
3. Rub the palm of the right hand against the back of the left hand, interlacing the fingers, and vice versa.
4. Rub palms together, interlacing the fingers.
5. Rub the back of the fingers of one hand with the palm of the opposite hand holding the fingers.
6. Rub the tips of the right hand against the palm of the left hand in a rotating motion and vice versa.
7. Rub the tips of the right hand against the palm of the left hand in a rotating motion and vice versa.
8. Rub your left thumb in a rotating motion, holding it with your right hand and vice versa.
9. Now your hands are safe.

Follow these simple steps and you will minimize the risk of infection.