HOW TO WASH YOUR HANDS PROPERLY

Proper and regular hand washing is an effective way to prevent the spread of COVID-19. Follow this guideline to wash your hands properly:

1. Wet your hands with clean water and rinse

2. Soap the palms and back of the hands

3. Rub between the fingers

4. Rub the nails

5. Rub between the thumbs

6. Rub around the tips of the fingers on both sides

7. 20 SECONDS — Do these steps thoroughly for at least 20 seconds

8. Rinse well with clean water and pat dry