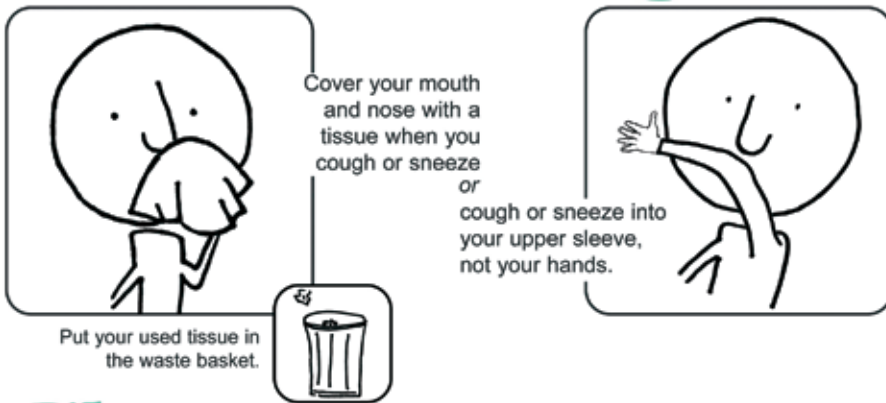


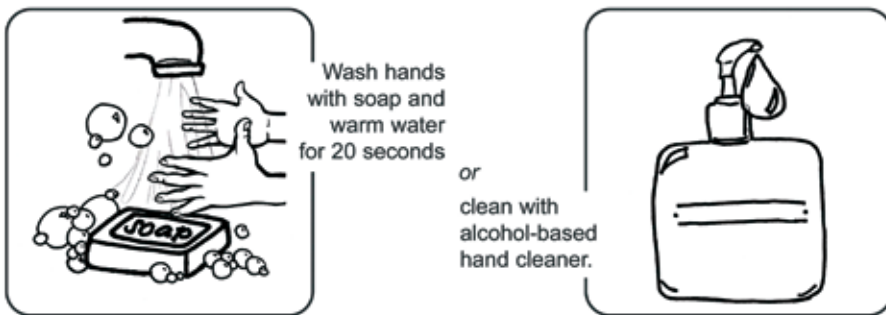
Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

- 0 Wet hands with water;
- 1 Apply enough soap to cover all hand surfaces;
- 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;
- 8 Rinse hands with water;
- 9 Dry hands thoroughly with a single use towel;
- 10 Use towel to turn off faucet;
- 11 Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands