

WASH YOUR HANDS

#StopTheSpread

Use soap
and water for
at least

20 seconds



Source: World Health Organization

HANDWASHING

101



01

Wet your hands before applying soap

02

Rub soap all over your palms, the backs of your hands, and in between your fingers

03

Do this process for at least 20 seconds before rinsing

04

Wipe your hands with a clean towel or paper towel and void rubbing too vigourously.