

Hand hygiene

Washing your hands with soap is a simple and useful way to remove dirt and reduce the presence of germs. It is essential to prevent diseases. It only takes 20 seconds.

When is it important to wash your hands?

- Before preparing and cooking food.
- Before eating and laying the table.
- Before and after visiting someone who is ill.
- After going to the bathroom.
- After blowing your nose or coughing.
- After touching pets or other animals
- After being outdoors.
- Whenever your hands are dirty.
- After changing a diaper.
- After touching money and trash.

How should you wash your hands?

Follow these simple steps:

- Wet your hands under water.
- Soap your hands.
- Clean the palms of your hands,
 - then the backs,
 - your fingers,
 - between your fingers
 - and your nails.



- For your nails, use a brush.
- Rinse your hands with plenty of water.
- Dry them on a towel or let them dry naturally.

