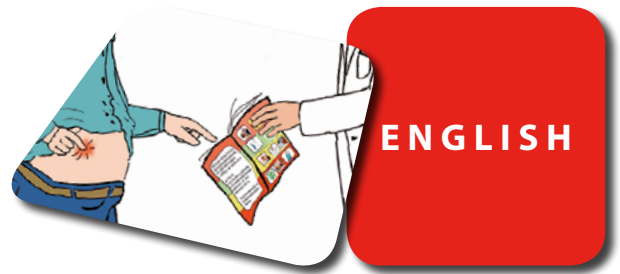
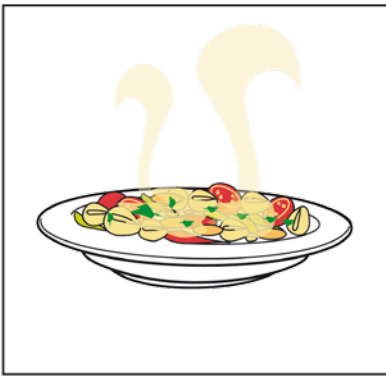


tip doc

Wash your hands
Disinfect your hands



When?



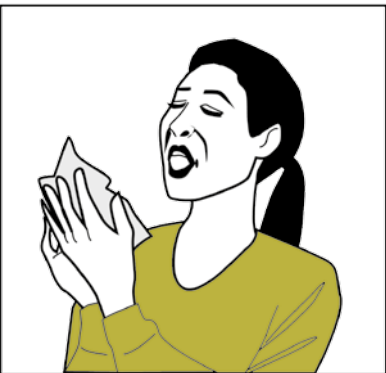
Before Meals



Each time you come home



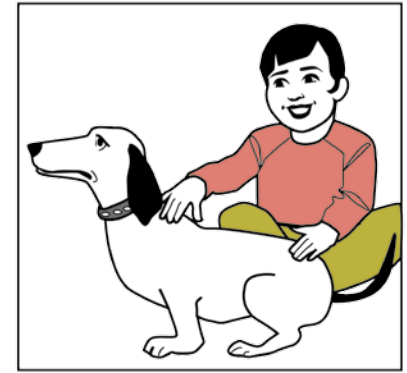
After using the restroom



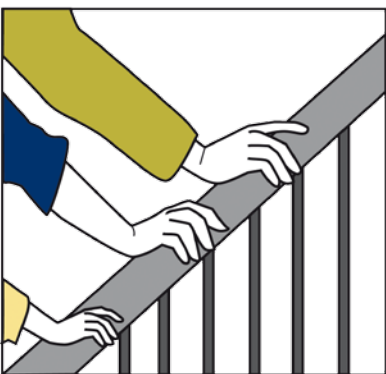
After sneezing



After coughing



After being in contact with animals



After touching objects which have been used by many people (stair railings, door-handles)



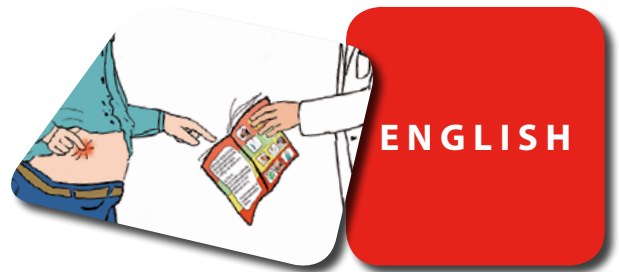
After coming in contact with garbage

Wash your hands
Disinfect your hands



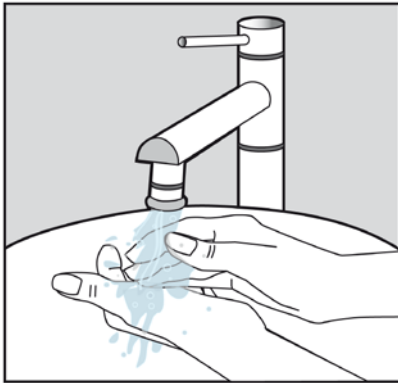
tip doc

Wash your hands
Disinfect your hands



How?

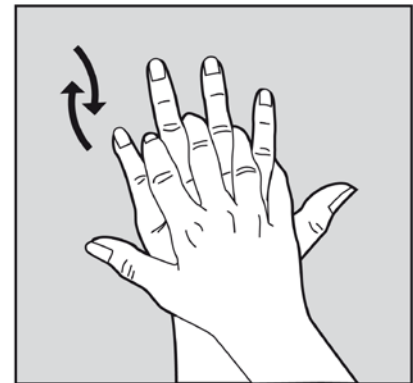
Wash your hands



1.
Wet your hands



2.
Rub your hands thoroughly with soap



3.
Rub your hands thoroughly with soap



4.
Rub your hands thoroughly with soap



5.
Rinse your hands thoroughly

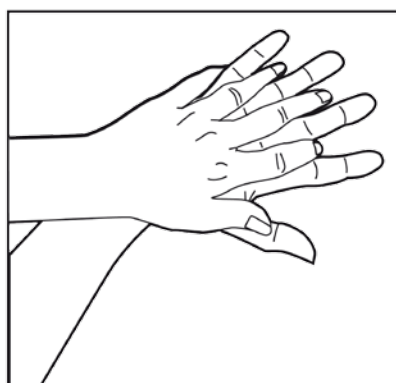


6.
Dry your hands

Disinfect your hands



7.
Take sufficient hand disinfectant in your hand.



8.
Also rub it between your fingers thoroughly.