

# HOW TO *wash your hands* EFFECTIVELY?

20 seconds is enough



1. Wet your hands with warm water.



2. Apply liquid soap to the palm of your hand.



3. Soap both palms.



4. Soap the back of the right hand with the palm of the left hand and vice versa.



5. Intertwine your fingers and soap them.



6. Rub the tops of the fingers of the right hand against the inside of the left hand and vice versa.



7. Rub the thumb of the left hand with the inside of the right hand in a circular motion and vice versa.



8. Using the tops of the fingers of your right hand, rub the palm of your left hand in a circular motion and vice versa.



9. Rinse your hands thoroughly to remove the soap. Dry them carefully.

# HOW TO *disinfect your hands* EFFECTIVELY?



1. Use a disinfectant that contains at least 60% of alcohol.



2. Apply enough of it to completely wet your hands.



3. Rub the palms against one another, spreading the formula over their entire surface.



4. Rub the palm of your right hand against the back of your left hand and vice versa.



5. Intertwine fingers and rub the palms.



6. Rub the tops of the fingers of the right hand against the inside of the left hand and vice versa.



7. Rub the thumb of the left hand with the inside of the right hand in a circular motion and vice versa.



8. Using the tops of the fingers of your right hand, rub the palm of your left hand in a circular motion and vice versa.



9. After drying, the hands are disinfected.

# Disinfectant



versum

*Put on your face covering*  
BEFORE COMING IN



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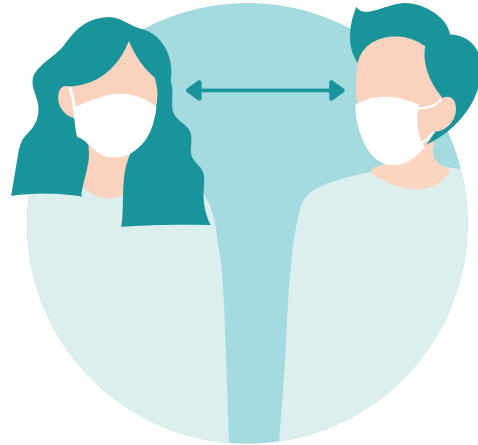
COVER UP YOUR NOSE AND  
MOUTH



DISINFECT YOUR HANDS



LET US KNOW IF YOU FEEL  
UNWELL



KEEP A SAFE DISTANCE

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