

---

# WASH YOUR HANDS

X

AND DO IT THOROUGHLY!

---

versum

---

# DISINFECT YOUR HANDS

X

YOU KNOW HOW TO DO IT

---

versum

---

ENTRY PERMITTED ONLY IN

FACE  
COVERING

---

versum

---

## THREE SIMPLE RULES

1. Cover your mouth  
and nose

2. Disinfect your  
hands

3. Keep a safe  
distance

AND WE CAN GET DOWN TO BUSINESS

---

**versum**

# WASH YOUR HANDS



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.

# DISINFECT YOUR HANDS



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.