

Practice good personal hygiene



WASH your hands regularly with soap and water



STAY home if you are sick



AVOID touching your face with your hands

10 STEPS TO CLEAN YOUR HANDS



1 Wet hands with water



2 Use soap



3 Palm to palm



4 Fingers interlaced



5 Back of hands



6 Base of thumb



7 Fingernails



8 Rotationally rub wrists



9 Rinse hands with water



10 Dry hands with towel