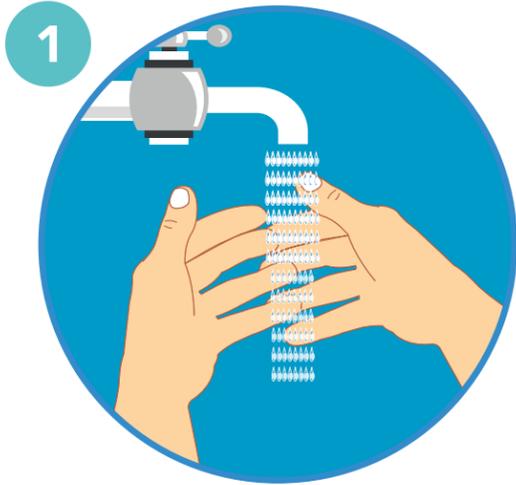


¿How should you wash your hands?

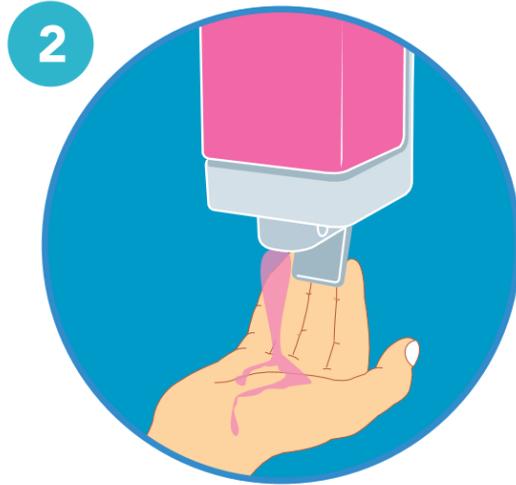


WASHING YOUR HANDS SHOULD TAKE 30 SECONDS

OR THE EQUIVALENT OF SINGING "HAPPY BIRTHDAY" TWICE



Wet your hands with water and shut off the tap



Apply enough soap to cover the surface of your hands.



Rub your hands together with your palms facing.



Rub the back of each hand with the palm of your other hand with fingers interlaced



Rub your palms together with fingers interlaced.



With fingers interlocking, rub the opposite palm with the back of your fingers.



Clasp your thumb in the opposite hand and scrub in a rotational movement.



Rub the tips of your fingers on your opposite palm.



Rinse hands with plenty of water.



Dry hands thoroughly, ideally with a disposable paper towel.



Use paper towel to shut off the tap.



Ministerio
de **Salud**
Costa Rica