

What is the correct way of washing your hands?



Use water cautiously and avoid waste



Wash your hands with soap thoroughly for 20 seconds



Make sure to wash between your fingers, the front and back of the hands include rubbing the palms



Dry your hands with a clean towel or paper towel

Remember that washing your hands correctly and regularly is the best way to prevent spreading germs

Adapted from: https://www.paho.org/uru/index.php?option=com_content&view=article&id=1055:cinco-datos-claves-para-lavado-de-manos&Itemid=227

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