COVID-19
(Coronavirus Disease 2019)

PRACTICE GOOD HAND HYGIENE

WASH
your hands regularly with soap and water

AVOID
touching your face with your hands

How to Properly Wash your Hands

PALM TO PALM  BETWEEN FINGERS  BACK OF HANDS  BASE OF THUMBS

BASE OF FINGERS  FINGER NAILS  WRISTS  RINSE & WASH DRY