Coronavirus (COVID-19)

Hand washing – Simplified visual version

Steps for washing my hands

1. Turn on the tap.
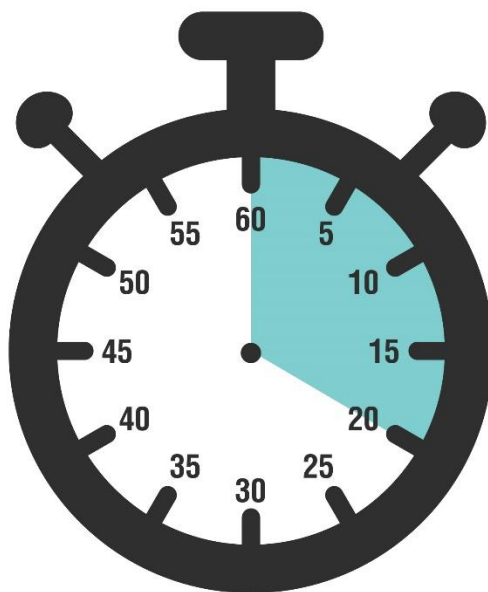

2. Put water on my hands.

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3. Put soap on my two hands.

4. Rub my hands for 20 seconds.

20 SEC.

Clean my fingernails.

Clean my thumbs.

5. Rinse my hands with water to take off all the soap.

6. Wipe my two hands.

7. Turn off the tap using paper.

8. Throw the paper in the garbage.

Great!! I've washed my hands the right way.

When do I have to wash my hands?

AS SOON AS I go inside my house

WHEN my hands are dirty

WHEN I'm asked to wash my hands at the grocery store or somewhere else

AFTER I sneeze or cough

AFTER blowing my nose

AFTER going to the bathroom

AFTER touching the garbage

AFTER eating

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