

# COVID- 19

(Coronavirus Disease 2019)

## PRACTICE GOOD HAND HYGIENE



### WASH

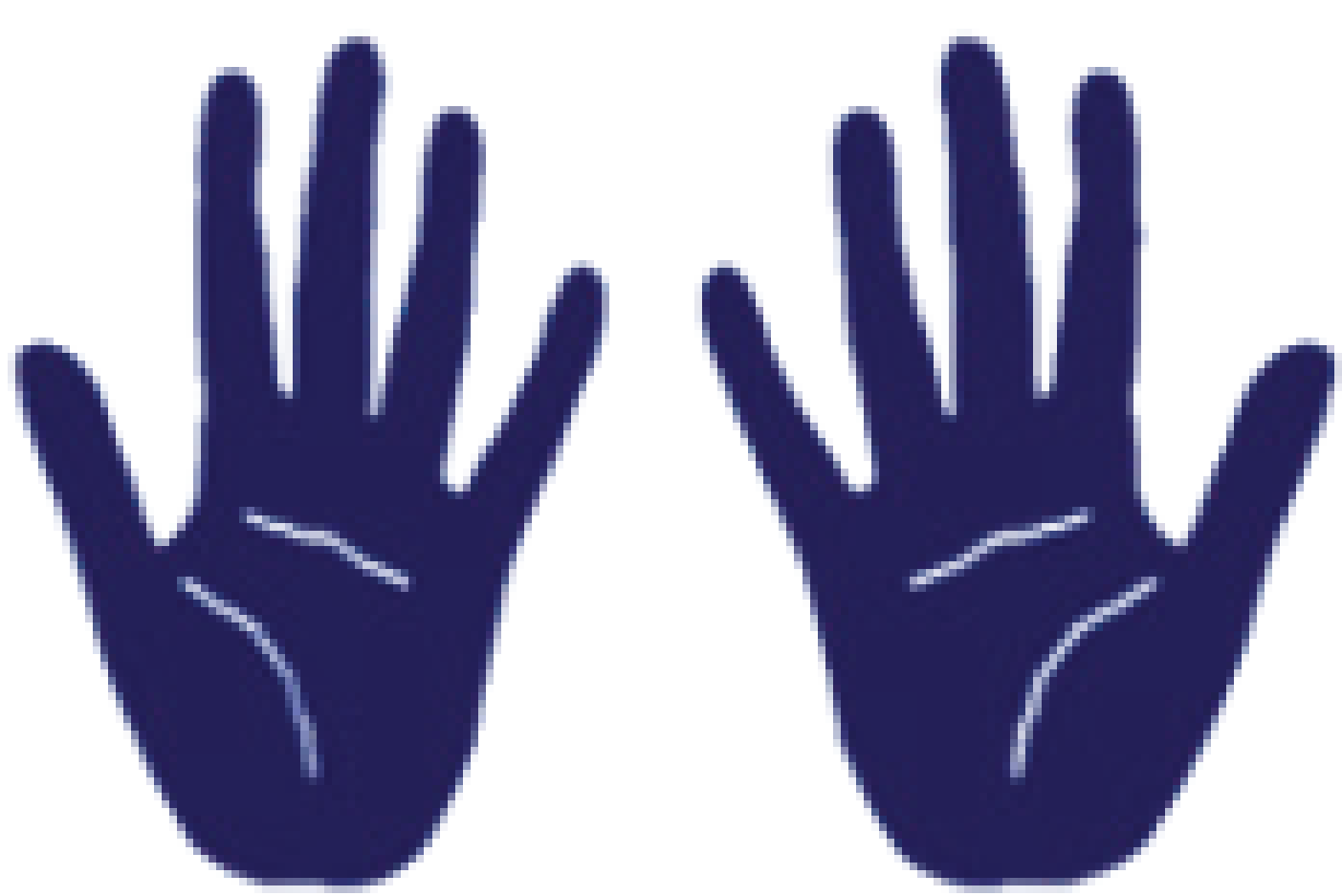
your hands regularly  
with soap and water



### 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