

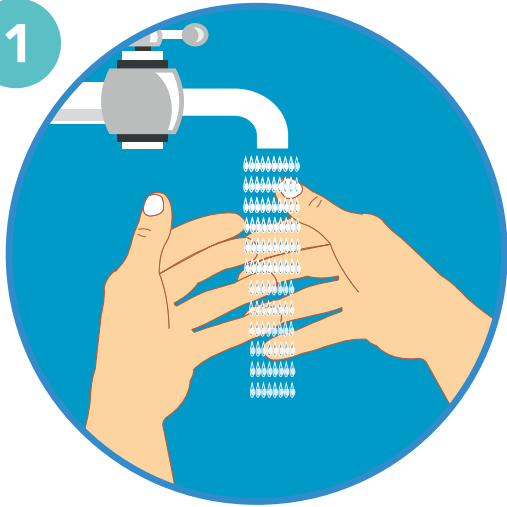
¿How should you wash your hands?



WASHING YOUR HANDS SHOULD TAKE 30 SECONDS

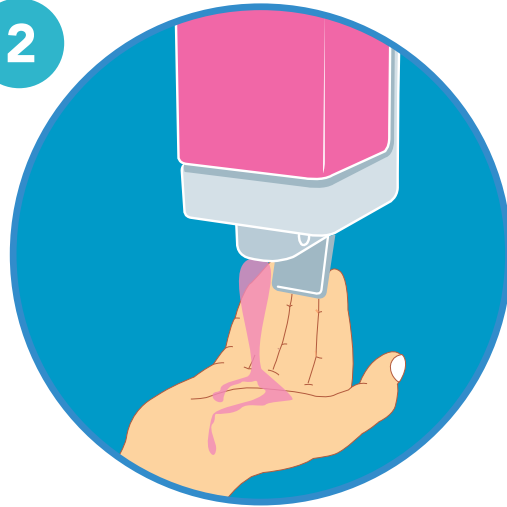
OR THE EQUIVALENT OF SINGING "HAPPY BIRTHDAY" TWICE

1



Wet your hands with water and shut off the tap

2



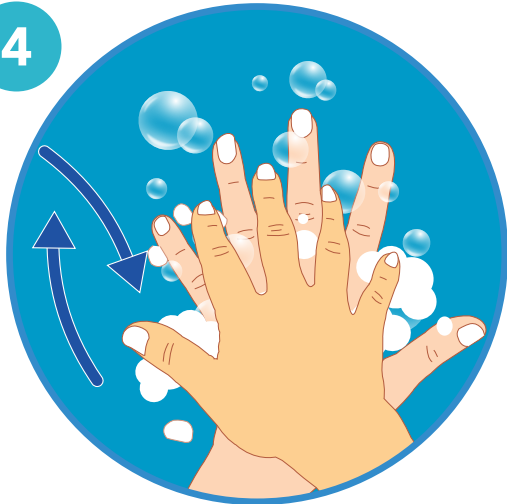
Apply enough soap to cover the surface of your hands.

3



Rub your hands together with your palms facing.

4



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

5



Rub your palms together with fingers interlaced.

6



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

7



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

8



Rub the tips of your fingers on your opposite palm.

9



Rinse hands with plenty of water.

10



Dry hands thoroughly, ideally with a disposable paper towel.

11



Use paper towel to shut off the tap.



Ministerio
de **Salud**
Costa Rica