

# *How to Correctly Wash and Disinfect your Hands*

*Wash your hands for at least 15 seconds. Disinfect your hands for at least 30 seconds.*



*Wet your hand and wrists with water and soap or with 2 ml of hand disinfectant.*



*Rub the palms of your hands together.*



*Rub your right hand over your left hand and vice versa.*



*With your palms together, rub between your fingers.*



*Rub the top sides of your fingers against your palms.*



*Rub around your thumbs in a circular motion.*



*Rob the tips of your fingers against your palms in a circular motion.*



*Rub around your wrist in a circular motion.*

*Thank you for joining our cooperation!*