

SALUS

WASH YOUR HANDS

TO AVOID SPREADING DISEASES.



Soak your hands with warm water.



Apply a small amount of soap.



Scrub the palms of your hands (away from the water).



Scrub your fingers and thumbs.



Scrub your fingernails on the palms of your hands.



Scrub the backs of both hands.



Rinse with clean water.



Dry with a clean towel or paper towel.