



## Information sheet for detainees

# Coronavirus - how do you wash your hands

30-3-2020

### How should I wash my hands with water and soap?

- 0 Make your hands wet with water.
- 1 Take enough soap for your both hands and wrists.
- 2 Rub the handpalms together.
- 3 Rub the handpalm over the back of your hand with the fingers together.
- 4 Rub the handpalms and fingers together.
- 5 Rub the back of the fingers into the handpalms.
- 6 Rub the thumb and wrist in the handpalm.
- 7 Make a circular rubbing motion with the fingertips in the handpalm.
- 8 Rinse your hands and wrists with running water.
- 9 Dry your hands thoroughly with a disposable paper towel
- 10 ... and your hands are clean.

#### Colophon

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