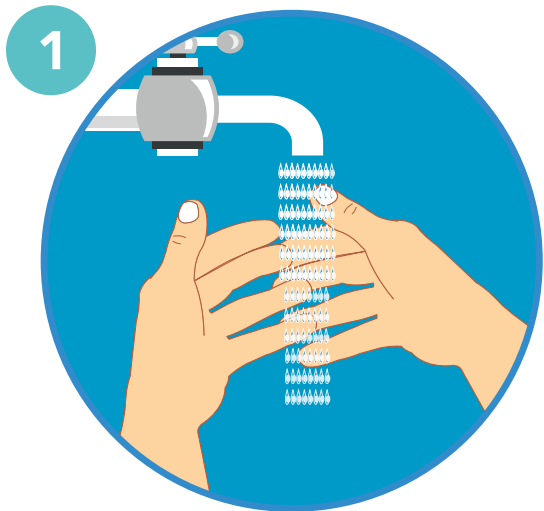


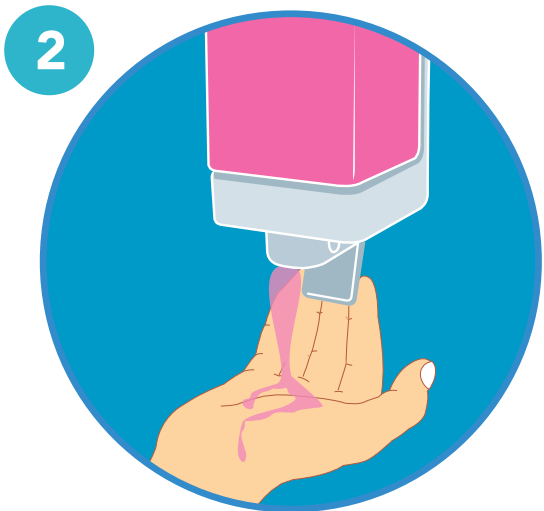
# How should you wash your hands?



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.



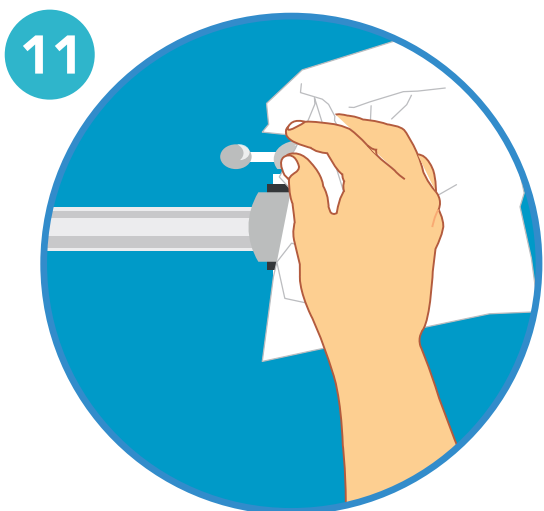
8  
Rub the tips of your fingers on your opposite palm.



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