Señales de Vida

ACHS

HOW TO WASH YOUR HANDS

1

Wet your hands with water

2

Place in the palm of your hand enough soap to cover all surfaces of your hands

3

Rub the palms of your hands together

4

Rub the palm of your right hand against the back of your left hand intertwining your fingers and vice versa

5

Rub the palms of your hands together, with your fingers intertwined

6

Rub the back of the fingers of one hand against the palm of the opposite hand, clutching the fingers

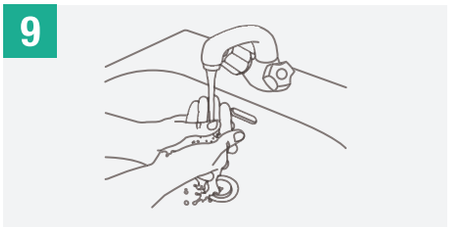
7

Rotate your left thumb inside the palm of your right hand and vice versa

8

Rub the fingertips of your right hand tracing a circle against the palm of your left hand and vice versa

9

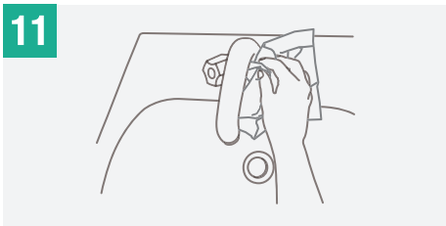


Rinse your hands with water

10

Dry yourself with a disposable towel

11



Use the towel to close the tap

12

Your hands are safe