Wash your hands
Disinfect your hands

When?

Before Meals

Each time you come home

After using the restroom

After sneezing

After coughing

After being in contact with animals

After touching objects which have been used by many people (stair railings, door-handles)

After coming in contact with garbage

Wash your hands
Disinfect your hands

ENGLISH

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Wash your hands

1. Wet your hands

2. Rub your hands thoroughly with soap

3. Rub your hands thoroughly with soap

4. Rub your hands thoroughly with soap

5. Rinse your hands thoroughly

6. Dry your hands

Disinfect your hands

7. Take sufficient hand disinfectant in your hand.

8. Also rub it between your fingers thoroughly.