

Hand-washing technique with soap and water



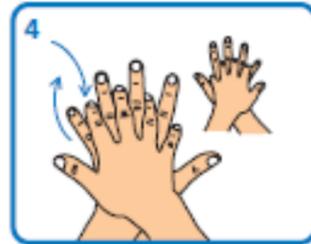
Wet hands with water



Apply enough soap to cover all hand surfaces



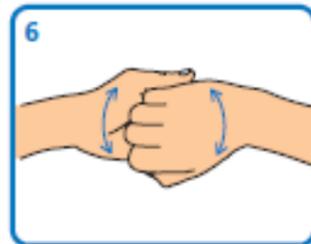
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



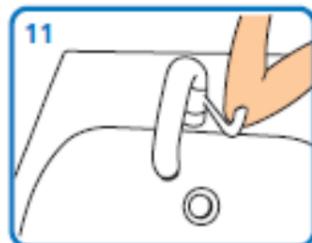
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds

The wise saying “Prevention is better than cure” is very relevant today, more than ever, with the threat of Corona Virus upon us.

Basic habits can save us the pain of delaying with the illness and keep it at bay as much as we possibly can.

Let’s get into the practice of doing the following and if each one is doing this, more of us will be protected against the COVID-19 disease:

1) Carry tissues, sneeze into a tissue and dispose of it immediately, preferably flushing it down the loo. If you have no tissue on hand, sneeze into your elbow

2) Avoid touching points of entry into your body (eyes, ears, nose, mouth etc...) as the virus travels into the body through such portals

3) Use hand gel while moving about: before touching, after touching a surface and when changing location, do the same in the new place.

4) Wash your hands with soap and warm water using the proper hand-washing technique which takes about 20 seconds.

5) If possible, use paper towel or dryer to dry hands completely, otherwise, you will just be transferring germs on wet hands.

6) Eat plenty of citrus fruits for vitamin C to boost your immune system.