Wash your hands
Wash your hands regularly with soap and running water.

1. Wet hands
2. Apply soap
3. Rub hands palm to palm
4. Lather the backs of your hands and between your fingers
5. Rub the backs of fingers on the opposing palms
6. Clean thumbs, wash fingernails and fingertips
7. Rinse hands
8. Dry with a single use towel
9. Use the towel to turn off the faucet

Even if your hands are not visibly dirty, frequently clean them using a 60% or higher alcohol-based sanitizer gel.

1. Hand sanitizer
2. Apply the product on the palm of one hand
3. Rub hands together
4. Cover all surfaces until hands feel dry

Ministry of Health and Wellness, Barbados
COVID-19 HOT-LINE: 536-4500