



# Protecting yourself and others from the Coronavirus (COVID-19)

## Wash your hands

Wash your hands regularly with soap and running water.



WET HANDS



APPLY SOAP



RUB HANDS PALM TO PALM



LATHER THE BACKS OF YOUR HANDS AND BETWEEN YOUR FINGERS



RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS



CLEAN THUMBS WASH FINGERNAILS AND FINGERTIPS



RINSE HANDS



DRY WITH A SINGLE USE TOWEL



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.



HAND SANITIZER



APPLY THE PRODUCT ON THE PALM OF ONE HAND



RUB HANDS TOGETHER



COVER ALL SURFACES UNTIL HANDS FEEL DRY



Ministry of Health and Wellness, Barbados

COVID-19 HOT-LINE: 536-4500

