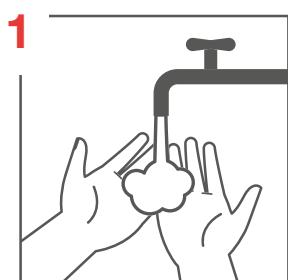


COVID-19 (Coronavirus)

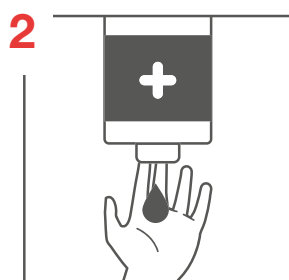
Hand washing and sanitising

Regular and thorough hand washing is a simple and effective action that everyone can take to protect themselves against the virus spread.

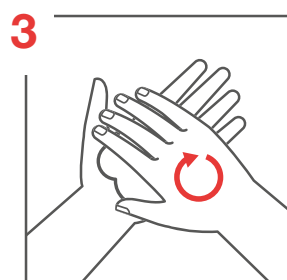
How to wash your hands in 20 seconds:



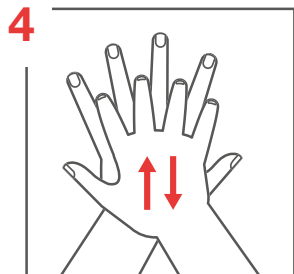
Wet hands with water



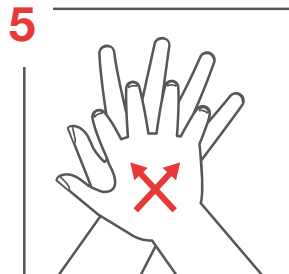
Apply enough soap to cover all hand surfaces



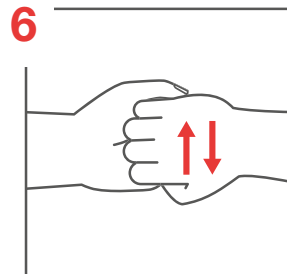
Rub hands palm to palm



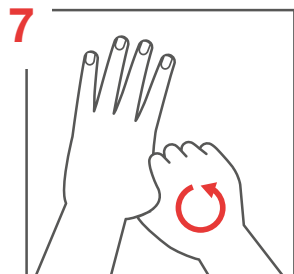
Right palm over the top of the left hand with interlaced fingers and vice versa



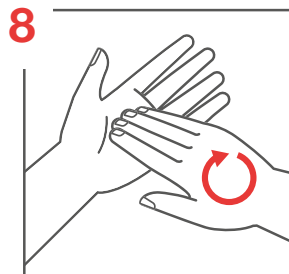
Palm to palm with fingers interlaced



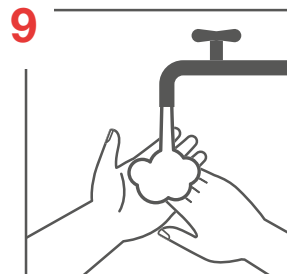
Back of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



Rotation rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rinse hands with water and dry thoroughly

If you don't have access to running water and soap, please follow steps 1 to 8, with an alcohol-based hand sanitiser containing at least 60% alcohol.

This information is based on the guidance issued by the World Health Organisation (WHO).