#StopTheSpread

Proper hygiene stops the spread of the virus.

Handwashing 101

01

Wet your hands before applying soap.

02

Bring your palms together and rub soap all over the palms and backs of your hands, including between the fingers.

03

Wash your hands for at least 20 seconds.

04

Wipe your hands with a clean towel or paper towel and avoid rubbing too vigourously.

Source:
World Health Organization

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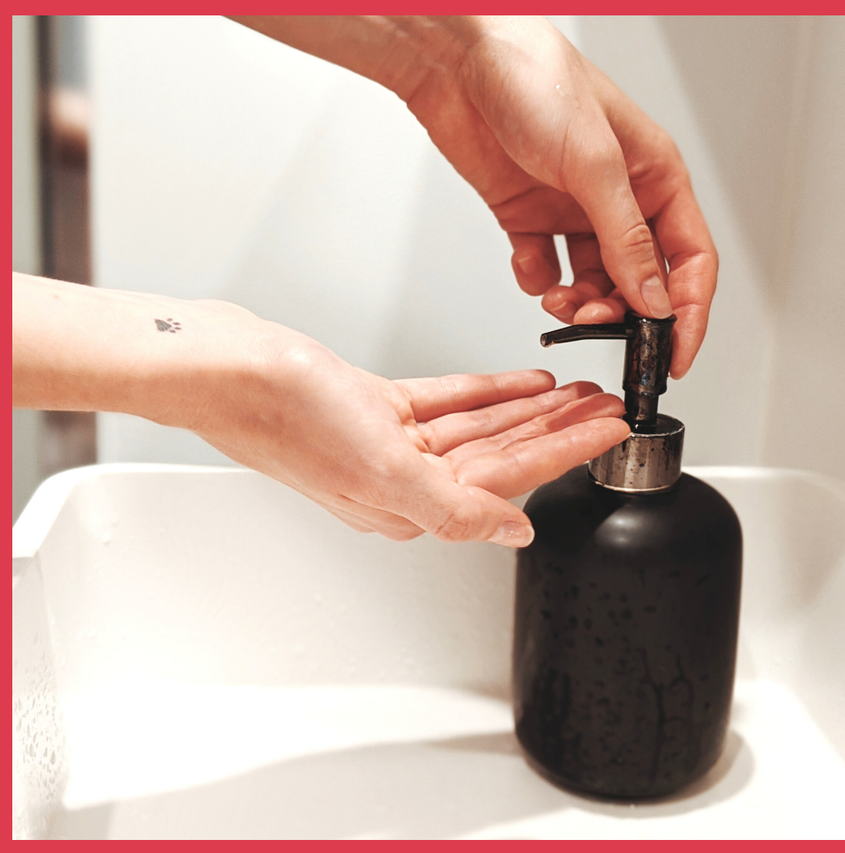

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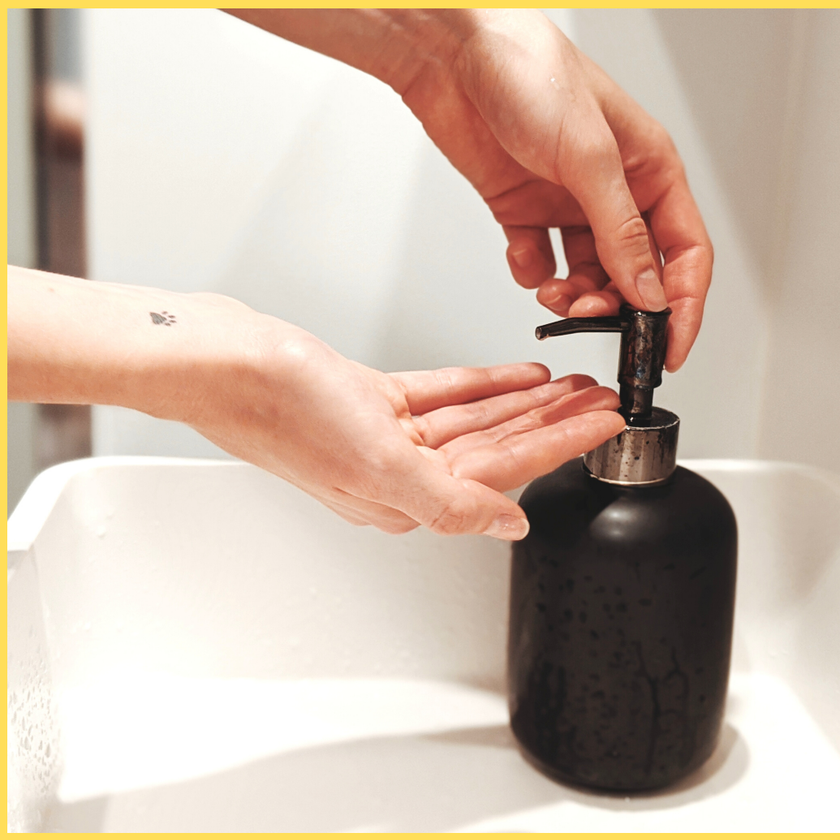

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