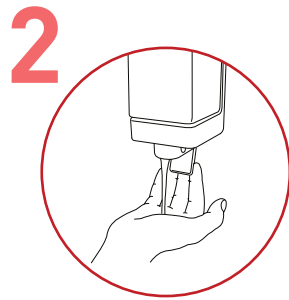


In the face of Covid-19 - we are all responsible

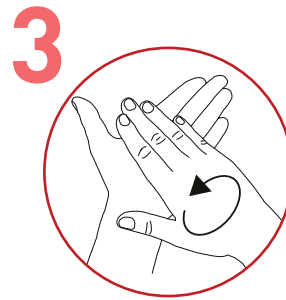
Wash your hands well



Start by wetting your hands with plenty of water



Place enough soap in the palm of your hand to cover the entire surface



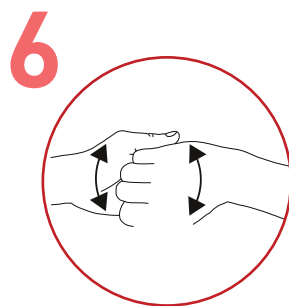
Rub the palms of your hands together for a few seconds



Rub the palm of the right hand against the back of the left hand, interlacing the fingers, and vice versa



Rub palms together, interlacing the fingers



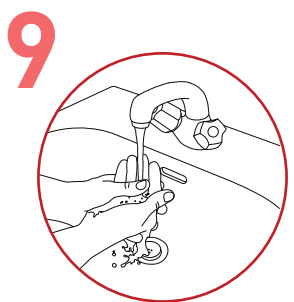
Rub the back of the fingers of one hand with the palm of the opposite hand holding the fingers



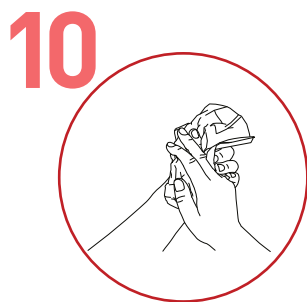
Rub your left thumb in a rotating motion, holding it with your right hand and vice versa



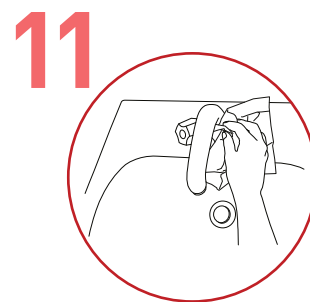
Rub the tips of the right hand against the palm of the left hand in a rotating motion and vice versa



Rinse your hands with water



Dry your hands with a disposable towel



Turn off and clean the tap with the towel



Now your hands are safe

Washing your hands should take between **40 and 60 seconds**