

**FIGHT THE VIRUS
STARTS WITH ME**

HOW TO WASH HANDS PROPERLY?



Cool or Warm Water is as effective

Water temperature does not affect the effectiveness of microbe removal.



Plain Soap Works

Surfactants in soap lift soil and microbes from skin. Rubbing hands thoroughly with soap further removes germs. Studies have shown that there is no added health benefit for using soaps containing antibacterial ingredients compared with using plain soap. Use plain soap in general workplace setting and household will do.



Rub Hands for at Least 20 Seconds

Rub hands with water and soap for at least 20 seconds i.e. hum the Happy Birthday song twice.



7 Steps of Hand Washing

Rub these 7 areas of hands thoroughly : Palms, Back of hands, Between fingers, Fingertips, Back of Fingers, Thumbs, Wrists.



Video : 7 Steps of Hand Washing