

Moja tus manos



Con agua

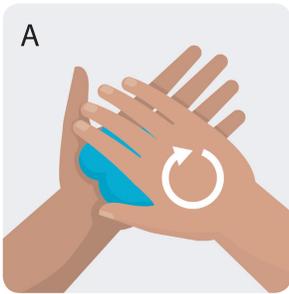


y jabón

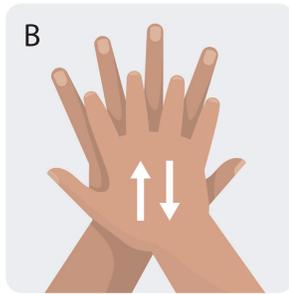
Protégete

Mantén tus manos limpias y evita tocar tu rostro

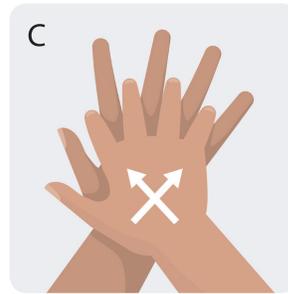
Frotar bien (40 a 60 segundos)



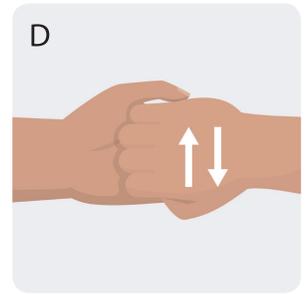
Palma contra palma



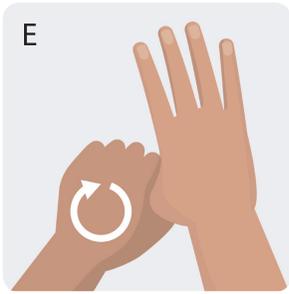
Palma contra dorso, ambas manos



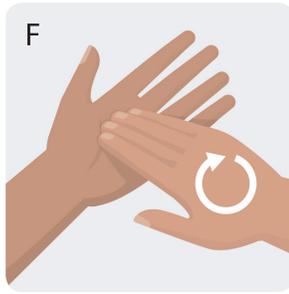
Palma contra palma, dedos entrelazados



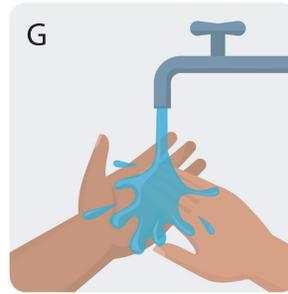
Puntas de los dedos enlazados



Ambos pulgares



Uñas y puntas de los dedos contra las palmas



Enjuagar



Secar con toalla desechable

Desinfectar (20 -30 segundos)



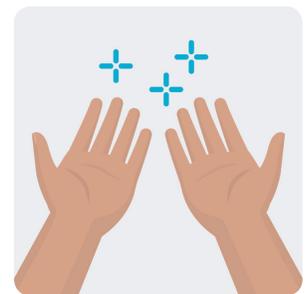
Aplicar gel desinfectante



Palma contra palma



Palma contra palma, dedos entrelazados



Dejar secar