



We should spread the information we have about hand hygiene with our family and in our social circles.



Use water and soap to protect yourself from diseases.

This publication was produced with the financial support of the European Union. Its contents are the sole responsibility of the Republic of Türkiye Ministry of Health and do not necessarily reflect the views of the European Union.

RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



www.sihhatproject.org



sihhatproject



This project is funded by the European Union.
Bu proje Avrupa Birliği tarafından finanse edilmektedir.
هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

**LET'S WASH OUR
HANDS PROPERLY**

**PROTECT
OUR HEALTH**

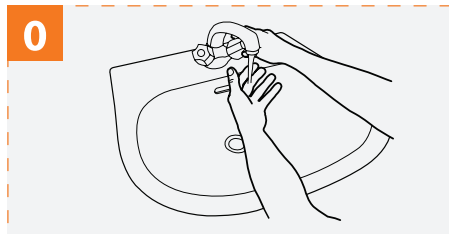


GOOD HEALTH IS IN OUR HANDS

HOW TO HANDWASH

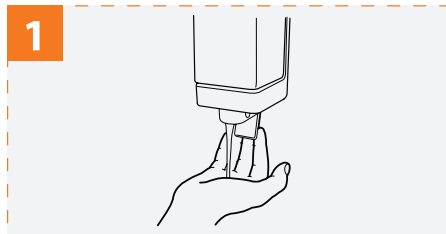


DURATION: 40-60 seconds



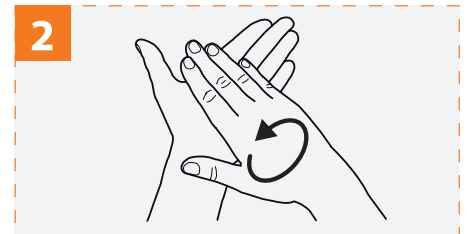
0

Wet your hands with water,



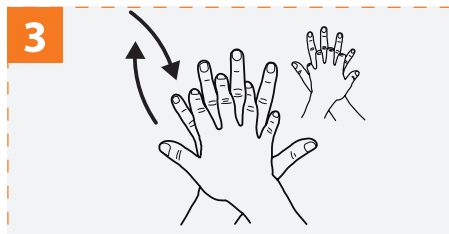
1

Apply enough soap to cover all hand surfaces,



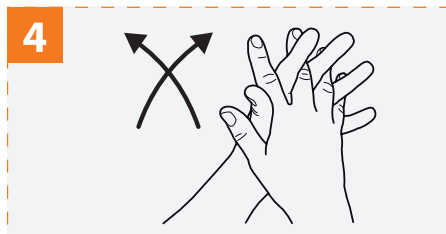
2

Rub the palms of your hands in a circular motion,



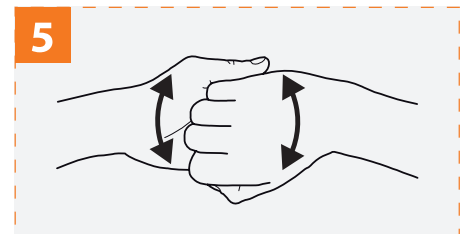
3

Rub the right palm on the back of the left hand and vice versa,



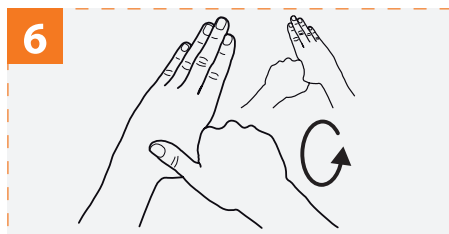
4

Rub palm to palm with fingers interlaced,



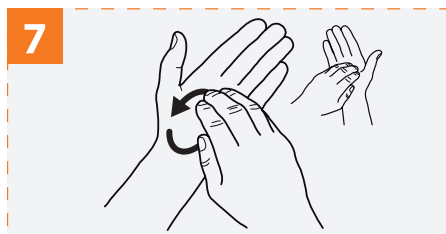
5

Rub the back of fingers to opposing palms with fingers interlocked,



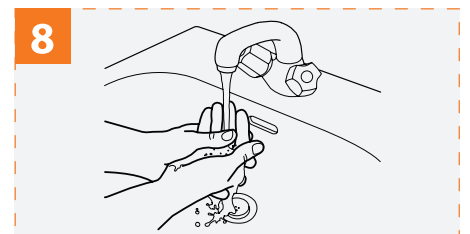
6

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



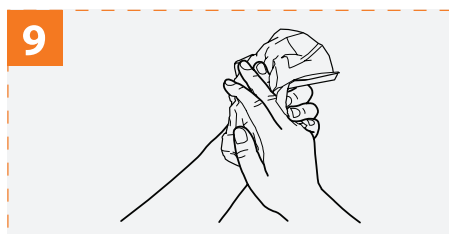
7

Rotational rubbing backward and forward with clasped fingers of the right hand in the left palm and vice versa,



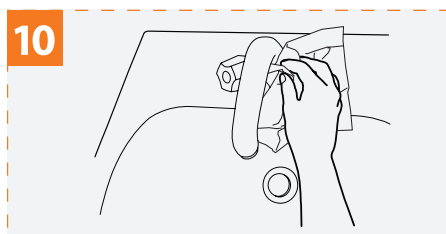
8

Rinse your hands with water,



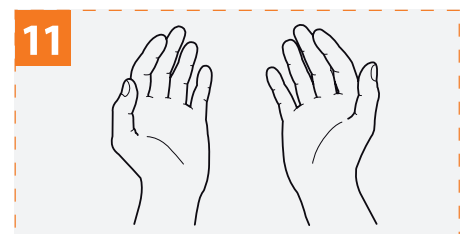
9

Dry your hands with a disposable paper towel,



10

Use the towel to turn off the faucet.



11

YOUR HANDS ARE NOW SAFE