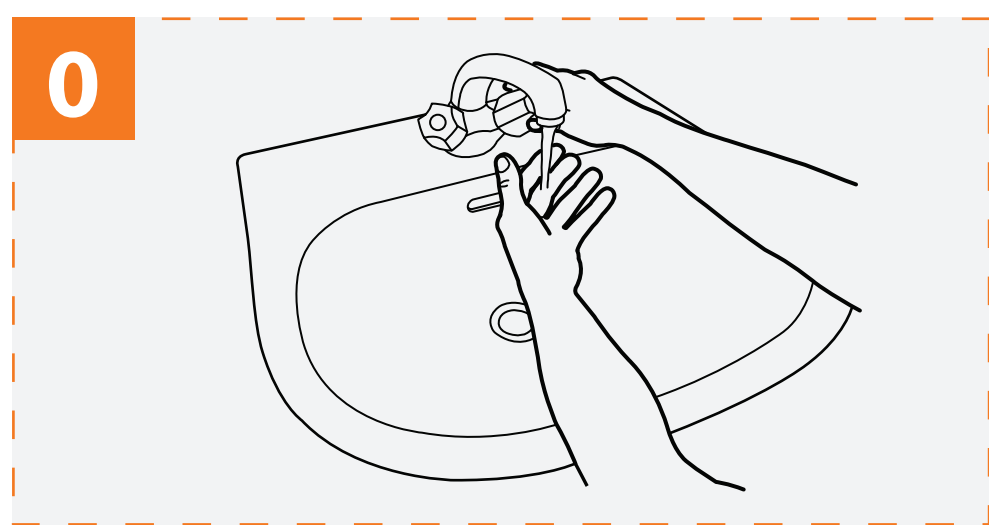


This project is funded by the European Union.
Bu proje Avrupa Birliği tarafından finanse edilmektedir.
هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

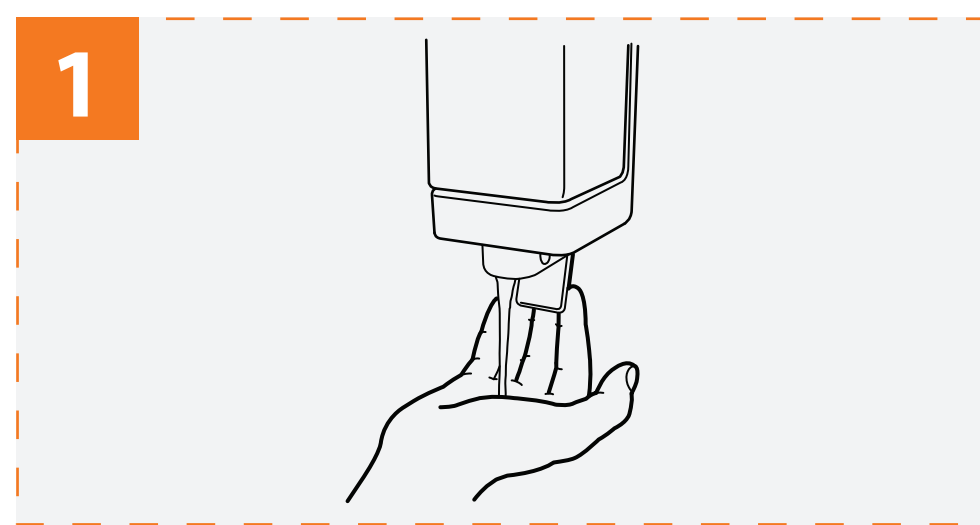
LET'S WASH OUR HANDS PROPERLY PROTECT OUR HEALTH

HOW TO WASH YOUR HANDS?

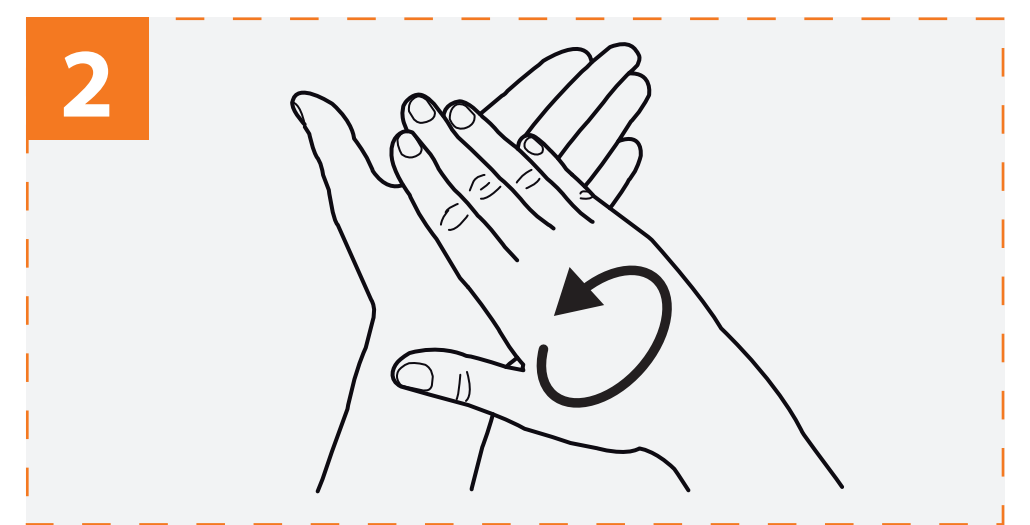
DURATION: 40-60 seconds



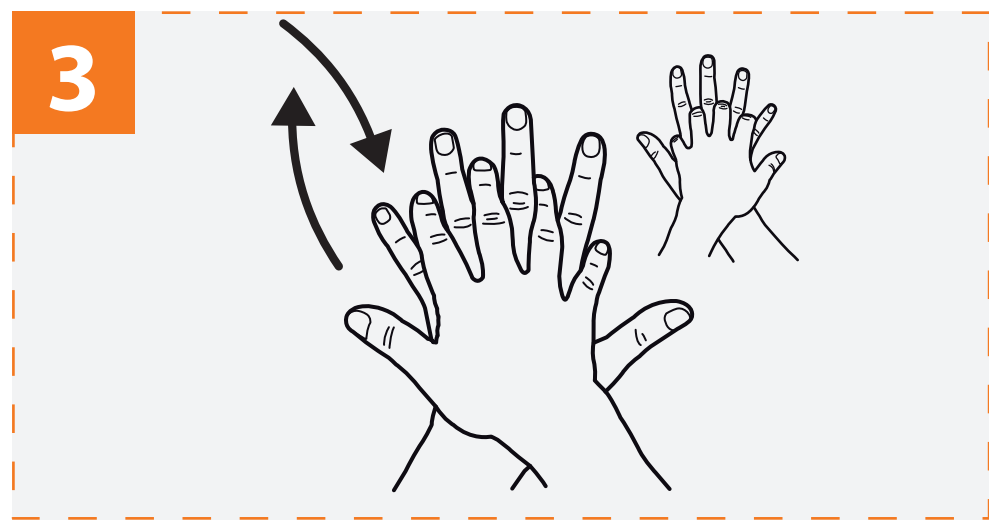
0 Wet your hands with water,



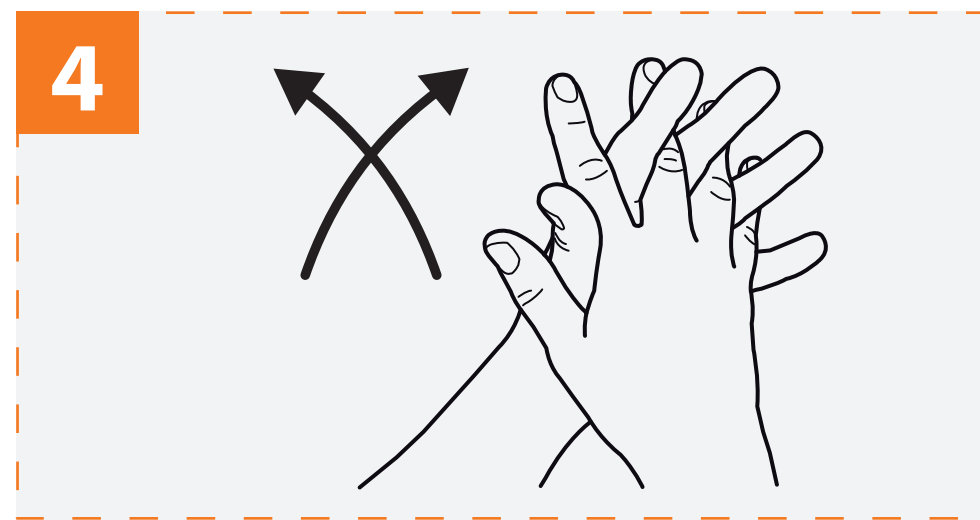
1 Apply enough soap to cover all hand surfaces,



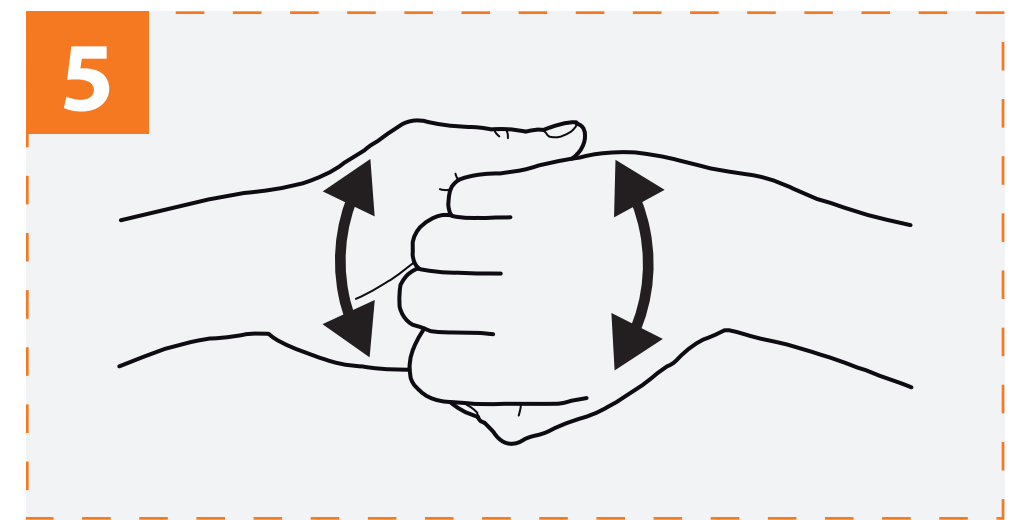
2 Rub the palms of your hands in a circular motion,



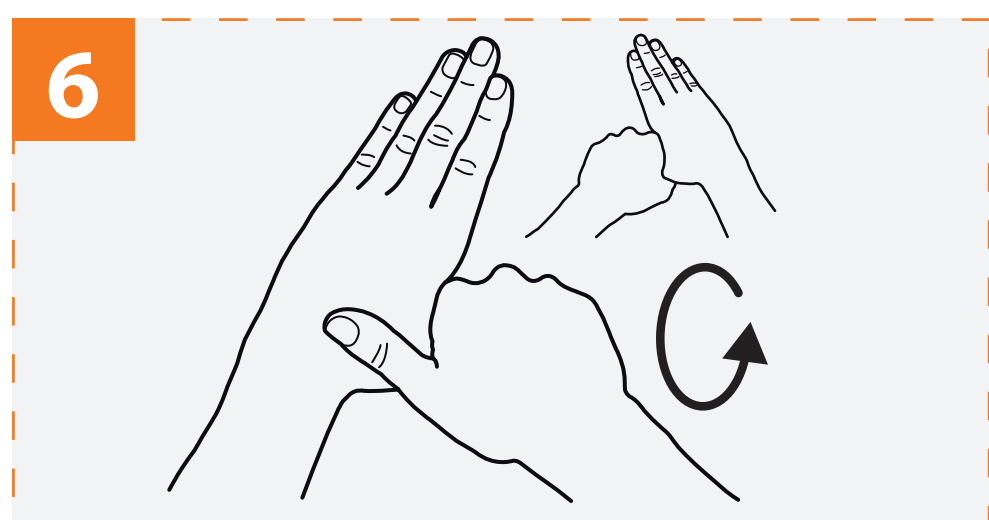
3 Rub the right palm on the back of the left hand and vice versa,



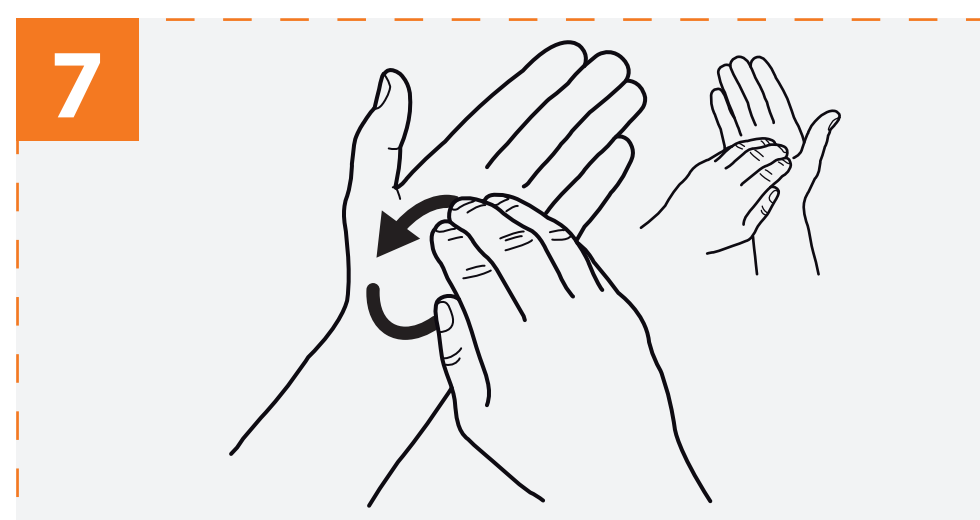
4 Rub palm to palm with fingers interlaced,



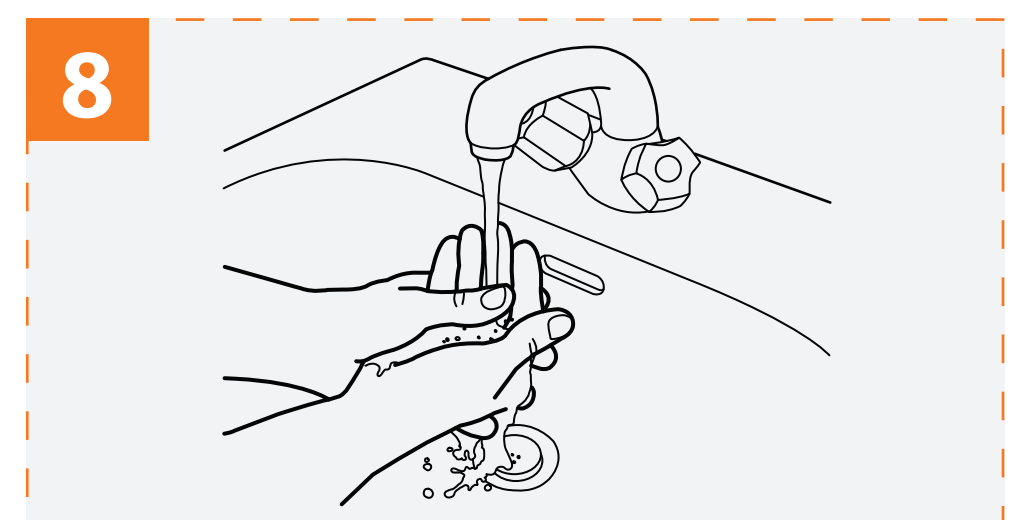
5 Rub the back of fingers to opposing palms with fingers interlocked,



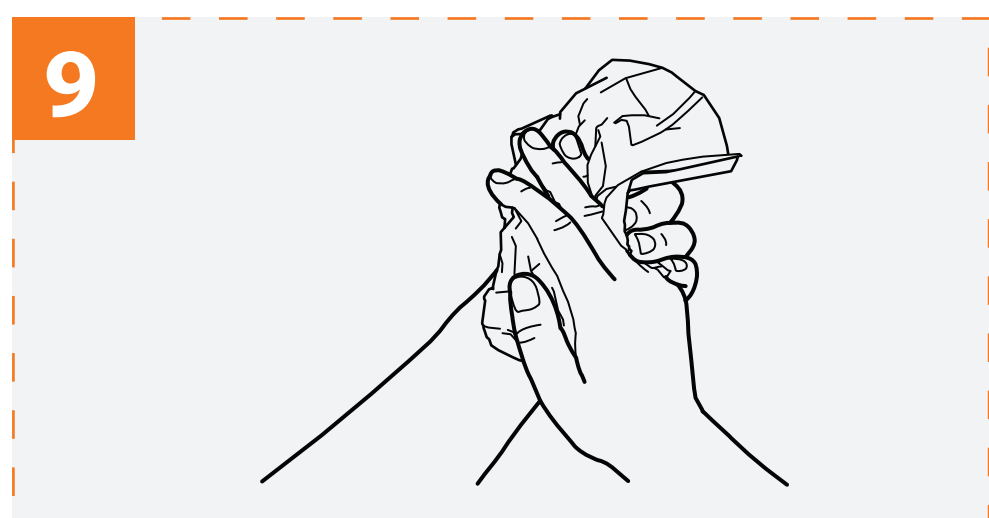
6 Rotational rubbing of left thumb clasped in the right palm and vice versa,



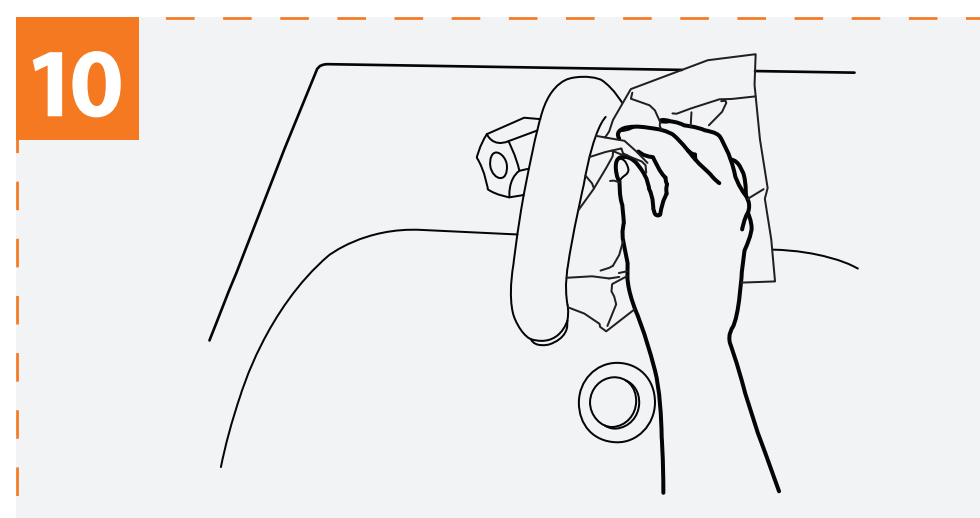
7 Rotational rubbing backward and forward with clasped fingers of the right hand in the left palm and vice versa,



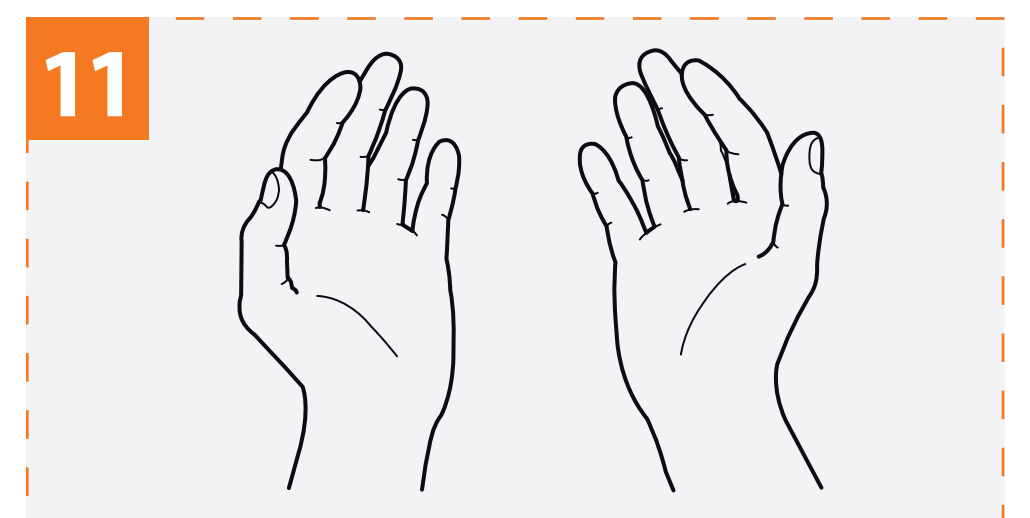
8 Rinse your hands with water,



9 Dry your hands with a disposable paper towel,



10 Use paper towel to turn off the faucet.



YOUR HANDS ARE SAFE NOW

RIGHT PLACE, QUALITY SERVICES

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