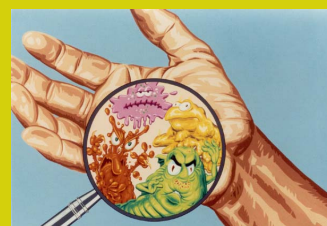


## Mission: Clean Hands!

It's very easy for a virus or bacteria to get from your hands to your mouth and consequently contaminate your organism. Washing your hands is an efficient barrier against germs invasion.

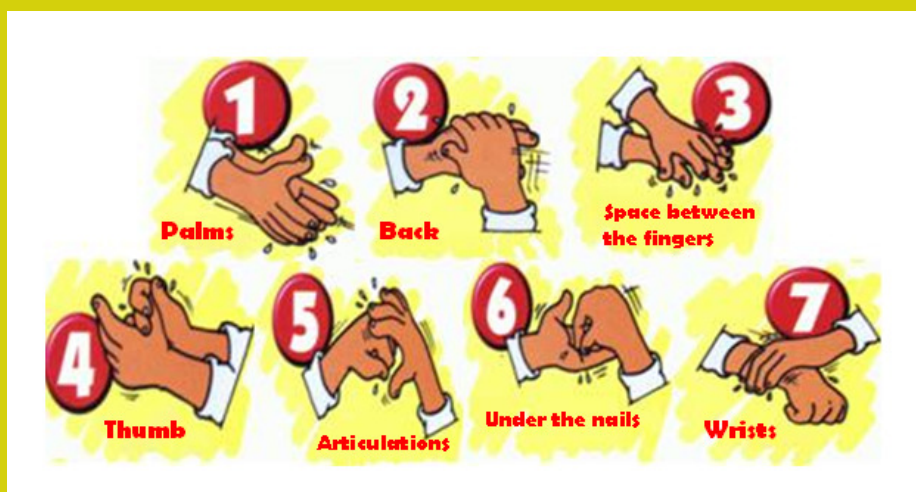
This hygienic action may do a difference to health – yours and others health. There are some occasions when you should put this in practice:

- Before manipulating food;
- Before eating;
- After going to bathroom;
- After touching in animals, even the pets;
- After sneezing, coughing or blowing the nose;
- After an external activity.



For an efficient hygiene, you should respect some rules:

- Use tap water;
- Use soap, rubbing during 10 to 15 seconds, back to back, palm to palm, insisting in the space between the fingers and under the nails and don't forgetting the wrists;
- Wash with water until all soap disappears;
- Dry your hands with a clean towel;
- In public areas, use only disposable towels;
- The antiseptics are also a good way to eliminate germs.



**Washing your hands should be a routine, after and before some quotidian activities.**