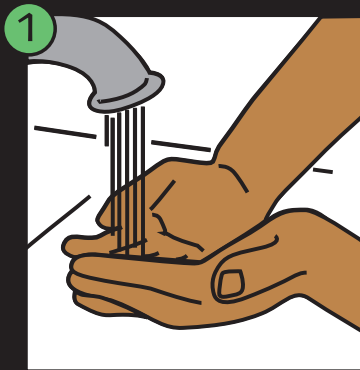


WASH YOUR HANDS LÁVESE LAS MANOS

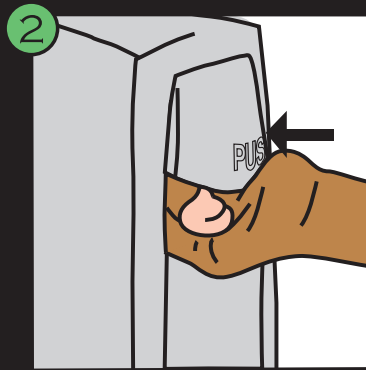
Washing your hands is the single most important means of preventing the spread of disease.

Lavarse las manos es la forma más importante que tenemos para prevenir la propagación de la enfermedad.



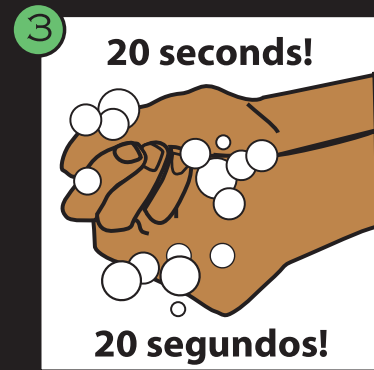
1. Turn on water and wet hands.

1. Abra el grifo de agua y humedezca las manos.



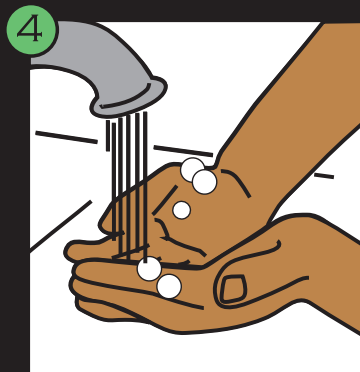
2. Dispense soap where indicated.

2. Dispensar el jabón.



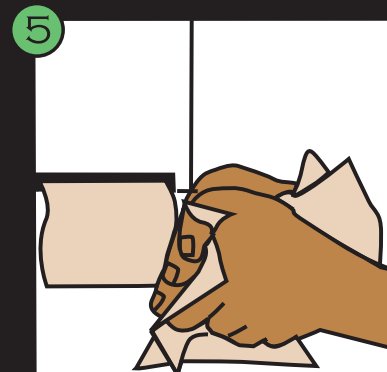
3. Lather all around hands, fingers, nails and wrists for at least 20 seconds.

3. Enjabone toda la superficie de las manos, dedos, uñas y muñecas por lo menos durante 20 segundos.



4. Rinse with clean water.

4. Enjuague con agua limpia.



5. Dry with towels or air.

5. Seque con toallas o aire.

