

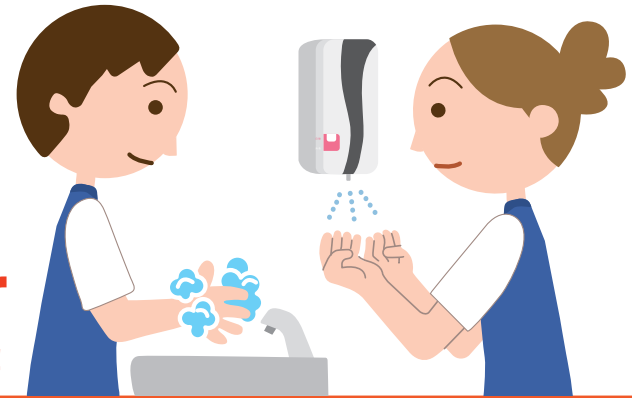
Each one of us should be consciously do.

Antivirus measures of cold



Timing is important!
Handwashing with hand soap & Disinfection with hand alcohol sanitizer

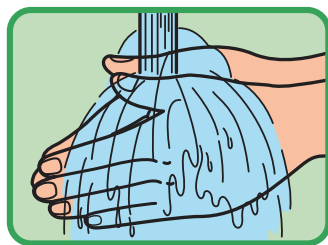
Frequent hand hygiene before and after working or before meals is the key of measures!



Steps of Handwashing and Disinfection

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Wash



1 Wet hands with water;



2 Apply enough soap to cover all hand surfaces;



3 Rub hands **palm to palm** to lather;



4 Rub the **back of each hand** with the opposite palm;



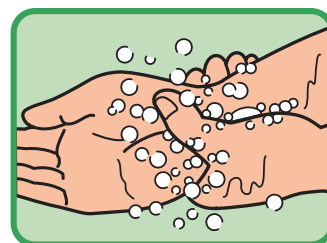
5 Palm to palm with **fingers interlaced**;



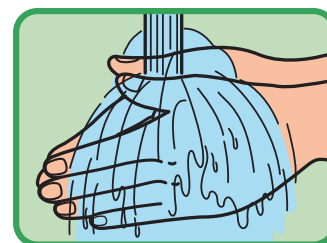
6 Rotational rubbing of each **thumb** clasped in the opposite palm;



7 Rub **fingertips** in the opposite palm;

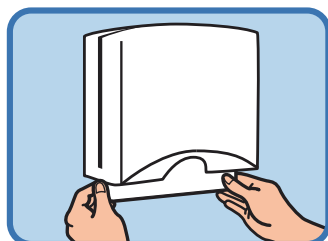


8 Rotational rubbing of each **wrist** clasped in the opposite palm;



9 Rinse hands with water;

Dry

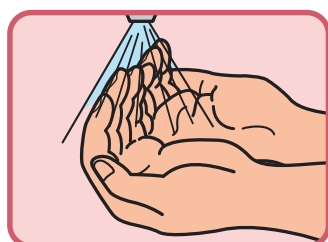


10 Take a single use towel;

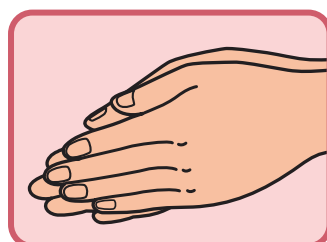


11 Dry hands thoroughly with towel;

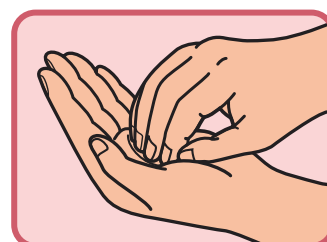
Disinfect



12 Curl fingers while applying enough sanitizer;



13 Rub hands **palm to palm**;



14 Rub **fingertips and back of fingers** in the opposite palm;



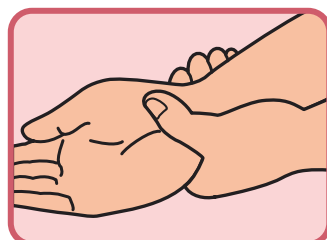
15 Rub the **back of each hand** with the opposite palm;



16 Palm to palm with **fingers interlaced**;



17 Rotational rubbing of each **thumb** clasped in the opposite palm;



18 Rotational rubbing of each **wrist** clasped in the opposite palm;



19 Repeat until dry.



Drying is a menace!
Gargling

Moisturize the throat and rinse out the virus!



Stop the spread of viruses!
Cover your cough

Put on a surgical mask when you cough or sneeze!

