

Wash your hands to prevent Coronavirus

Wash your hands with soap and water for 40 seconds,
or an alcohol-based hand rub regularly throughout the day.

Here are five key moments:



**Before touching
a patient**



**Before engaging in
cleaning / antiseptic
procedures**



**After touching
a patient**



**After touching a
patient's surroundings**



**Before putting on /
taking off any personal
protective equipment**

How health workers can stay healthy