



**Mi Universidad**

## **Infographic**

*Student's name: Lucero del Milagro Bastard Mazariego.*

*Theme name: Hand washing.*

*Partial: 2do.*

*Subject: English.*

*Teacher's name: Simon Antonio Gomez Sanchez.*

*Career: Nursing.*

*Degree: 3ro.*

# The process of a GOOD HANDWASHING



Duration of 40-60 seconds.



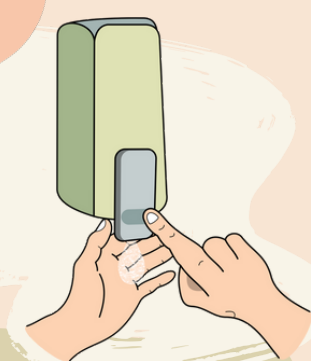
Do 5 repetitions per movement

1



Wet your hands with water.

2



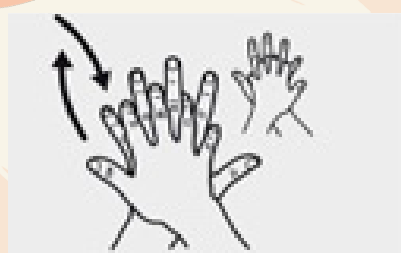
Place enough soap in the palm of your hand to cover all surfaces of your hand.

3



Rub your palms together.

4



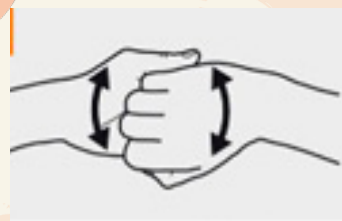
Rub the palms of your right hand against the back of your left hand interlacing your fingers and vice versa.

5



Rub your palms together, fingers intertwined.

6



Rub the back of the fingers of one hand with the palm of the opposite hand, gripping your fingers.

7



Rub your left thumb in a rotating motion, catching it with the palm of your right hand and vice versa.

8



Rub the fingertips of your right hand against the palm of your left hand, in circles and vice versa.

9



Rinse your hands with water.

10



Dry with a disposable towel.

11



Use the towel to turn off the tap. Your hands are safe!