

WASHING YOUR HANDS

Handwashing reduces the risk of spreading respiratory diseases such as **Covid-19**, the flu and mycoplasma.

Five simple and effective steps for washing your hands:



Wet your hands with clean running water (warm or cold), turn off the tap, and soap your hands.



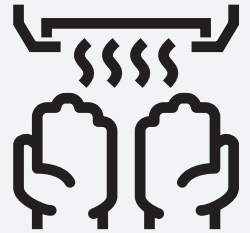
Rub your hands with the soap until lathery. Be sure to rub the lather on the back of your hands, between your fingers, and under your fingernails.



Lather your hands for at least 20 seconds.



Rinse your hands thoroughly with clean running water.



Dry your hands with a towel or in the air.

At MCS, our priority is to give you peace of mind and keep you informed. We're committed to educating and protecting citizens with the appropriate response.

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1.866.727.6271

Orientation services and phone consulting, with healthcare professionals addressing concerns regarding the correct management of medical conditions and symptoms.

Reference: <https://www.paho.org>

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