

9 pasos para... LAVAR TUS MANOS




1



Aplica el jabón directamente sobre la piel seca.

Illustration of a hand applying soap from a blue bottle. The soap is shown as a small green bar on the palm.

2



Frota las manos entre sí haciendo movimientos circulares.

Illustration of two hands being rubbed together in circular motions, with bubbles around them.


3



Frota ambos dorsos de las manos de arriba hacia abajo.

Illustration of the back of one hand being rubbed against the palm of the other, with bubbles.


4



Frota las palmas contra los dorsos de la mano contraria.

Illustration of the palm of one hand being rubbed against the back of the other, with bubbles.

5



Frota palmas contra dorsos entrelazando los dedos.

Illustration of the palm of one hand being rubbed against the back of the fingers of the other, with bubbles.

6



Frota los pulgares haciendo movimientos circulares.

Illustration of the thumb of one hand being rubbed in circular motions against the palm of the other, with bubbles.

7



Frota ambas muñecas haciendo movimientos circulares.

Illustration of the wrists being rubbed together in circular motions, with bubbles.


8



Frota las palmas de las manos con la punta de los dedos.

Illustration of the palm of one hand being rubbed with the tips of the fingers of the other, with bubbles.

9



Enjuaga tus manos con abundante agua. ¡Ya están limpias!

Illustration of hands being rinsed under a faucet. A green shield with a checkmark is shown above the hands, indicating they are clean.