

Make proper hand washing a daily habit!



Wash your hands to remove invisible germs before you unconsciously touch your eyes, nose, or mouth.

Washing your hands can save lives!

To protect the lives of you and your loved ones, **wash your hands!**

Dr. Murakami Nobuo

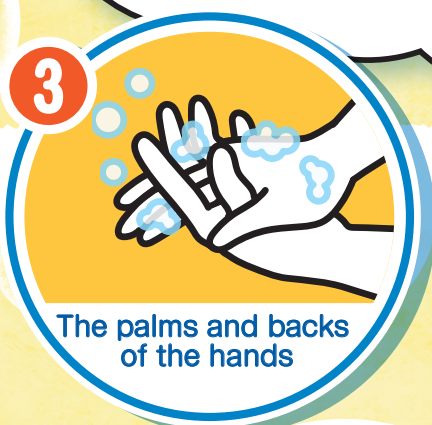
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Wet your hands under running water.



Lather your hands thoroughly with soap.



The palms and backs of the hands



The fingertips and under the nails



The thumb



Between the fingers and the base of the fingers



The wrist



Rinse thoroughly with water.



Dry your hands thoroughly.

When to Wash Your Hands

- After returning home or using the toilet
- Before meals or before cooking
- After changing diapers
- After touching surfaces handled by many people

What You Need

- Soap (preferably liquid or foaming)
- Paper towels or personal towels/handkerchiefs (do not use shared towels)

Hand sanitizer alcohol can be used after handwashing, or it is also effective on its own when a sink is not nearby.

Minamo's Handwashing Video

