

ኅዳር 2020 ዓ.ም. ለኮቪድ-19 ማስተላለፍ ለመከላከል ጥንቃቄ ይኖሩ።
PREVENT THE SPREAD OF COVID-19. WASH YOUR HANDS



ጥንቃቄ ይኖሩ **20 seconds**-
Wash for at least 20 seconds



1

ጥንቃቄ ይኖሩ ጥንቃቄ
 Wet hands with warm water



2

ጥንቃቄ ይኖሩ
 Apply soap



3

ጥንቃቄ ይኖሩ
 Palm and back of each hand



4

ጥንቃቄ ይኖሩ
 Between fingers



5

ጥንቃቄ ይኖሩ
 Under nails



6

ጥንቃቄ ይኖሩ
 Thumbs



7

ጥንቃቄ ይኖሩ
 Rinse well



8

ጥንቃቄ ይኖሩ
 Dry hands well with paper towel



9

ጥንቃቄ ይኖሩ
 Turn off tap using paper towel

ጥንቃቄ ይኖሩ 15-20 ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ, ጥንቃቄ ይኖሩ.

Wash your hands every 15-20 minutes, especially before touching food, before eating, after each bathroom visit and when you get home.

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PROTECT: Our Community, Our Elders, Yourself.

