

# Your hands need **gentle care** during tough times.

**1** | **Wash your hands** for 20 seconds with soap and warm water or use an alcohol-based sanitiser.\*



**2** | **Pat hands** until thoroughly dry; avoid rubbing.\*



**3** | **Apply a moisturiser** immediately after.



## Reasons to moisturise:

- Soap and water can strip the natural and protective oils from our skin.
- Alcohol-based sanitisers can dry out the skin.
- Dry cracks in the skin can compromise the natural skin barrier.
- Dry hands can lead to conditions such as dermatitis.

\*As recommended by the WHO guidelines

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**Skin  
Health**