Your hands need gentle care during tough times.

Wash your hands for 20 seconds with soap and warm water or use an alcohol-based sanitizer.*

Pat hands until thoroughly dry; avoid rubbing.*

Apply a moisturizer immediately after.

Reasons to moisturize:
• Soap and water can strip the natural and protective oils from our skin
• Alcohol-based sanitizers 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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