

# COVID-19

**WIJ HANDELEN VOLGENS  
DE OPGESTELDE REGELS  
VAN HET RIVM**

**EN BLIJVEN OOK  
RESPECTVOL EN LIEFDEVOL  
NAAR ANDERE MENSEN**

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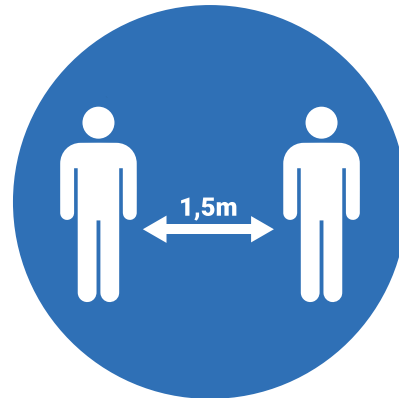
**COVID-19**

**WIL HANDELEN VOLGENS**

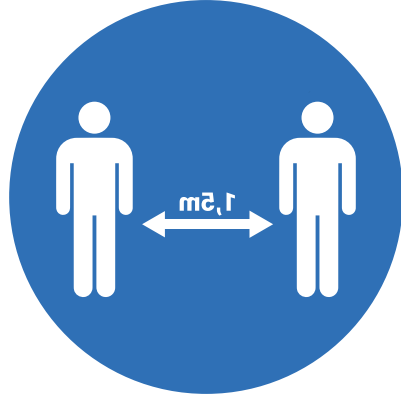
**DE OPGESTELDE REGELS**

**VAN HET RIVM**

# BE AWARE AND ACT RESPONSIBLE



# BE AWARE AND ACT RESPONSIBLY



**NO HANDSHAKES**



**MEANS IT'S TIME TO BE CREATIVE**

**NO HANDSHAKES**



**MEANS IT'S TIME TO BE CREATIVE**



# COUGH OR SNEEZE INTO YOUR UPPER ARM

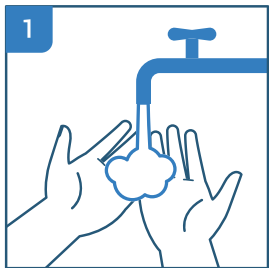


**COUGH OR SNEEZE INTO  
YOUR UPPER ARM**

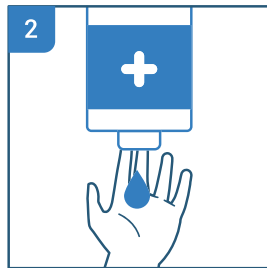




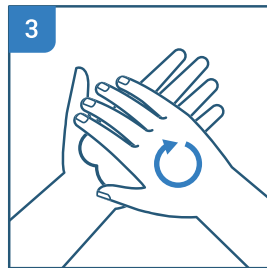
# HOW TO WASH YOUR HANDS



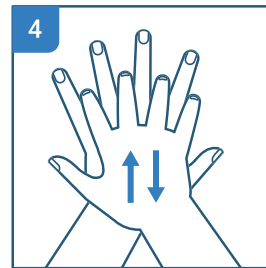
1 WET HANDS



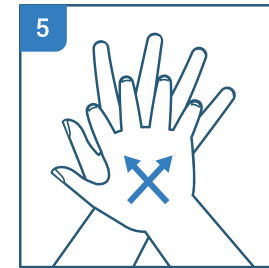
2 APPLY SOAP



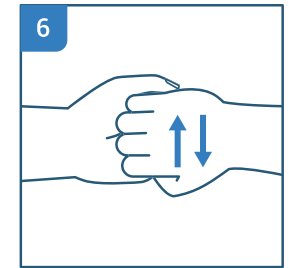
3 RUB HANDS  
PALM TO PALM



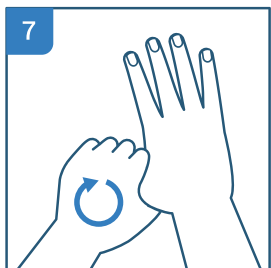
4 LATHER THE BACKS  
OF YOUR HANDS



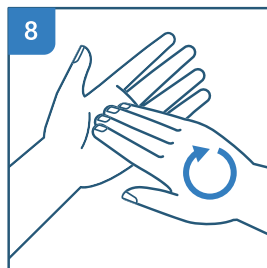
5 SCRUB  
BETWEEN YOUR FINGERS



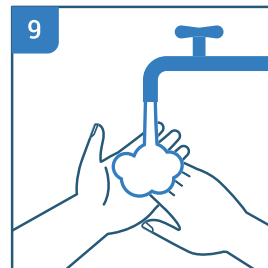
6 RUB THE BACKS  
OF FINGERS ON  
THE OPPOSING PALMS



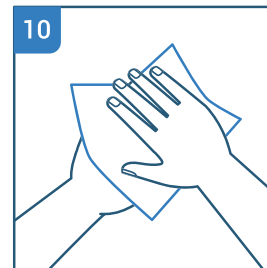
7 CLEAN THUMBS



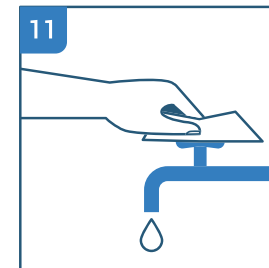
8 WASH FINGERNAILS  
AND FINGERTIPS



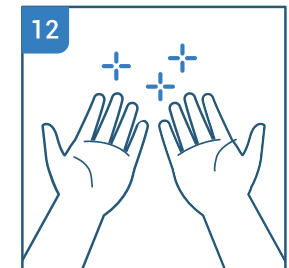
9 RINSE HANDS



10 DRY WITH  
A SINGLE USE TOWEL

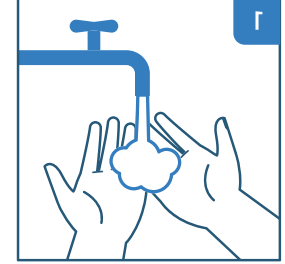


11 USE THE TOWEL  
TO TURN OFF THE FAUCET

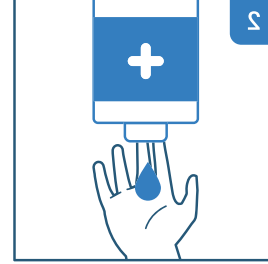


12 YOUR HANDS ARE CLEAN

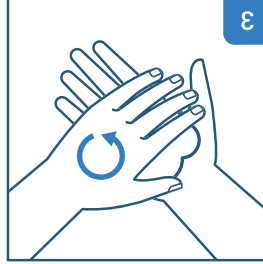
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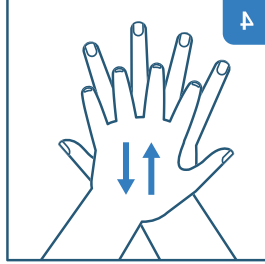
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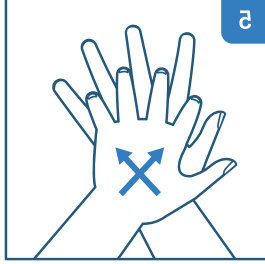
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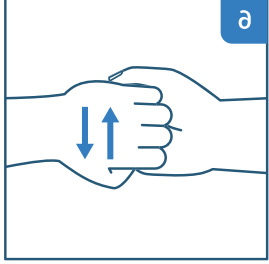
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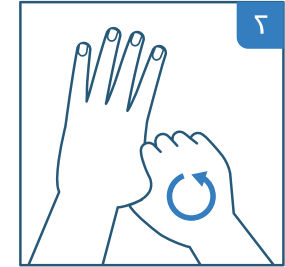
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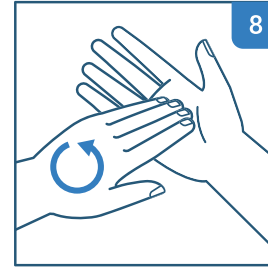
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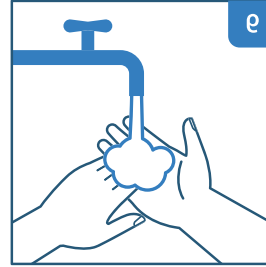
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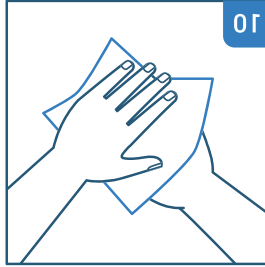
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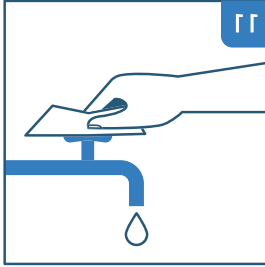
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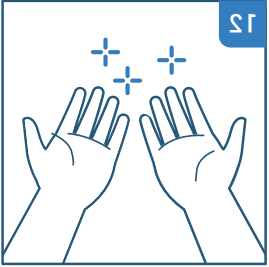
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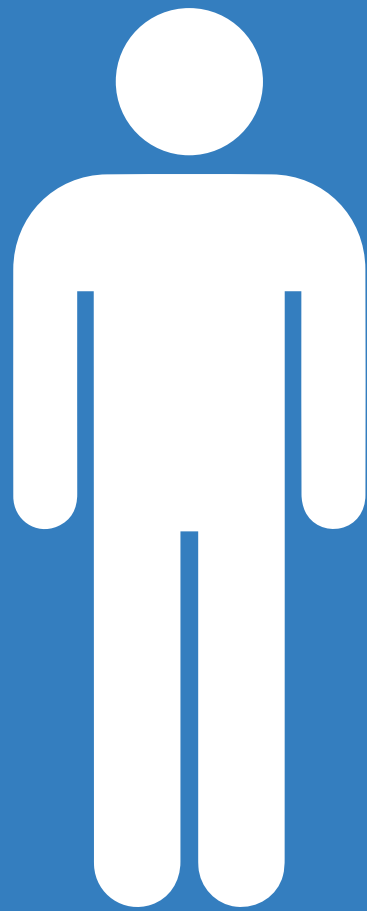
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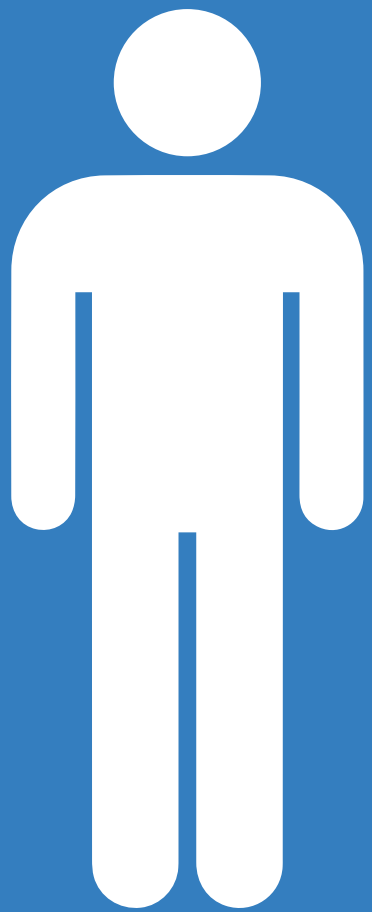


12 YOUR HANDS ARE  
CLEAN



**1,5m**





$m\vec{c}, r$

