

:

.

,

(-19)

COVID-19

20

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

60

twitter.com/healthybrum

facebook.com/healthybrum

instagram.com/bcchealthybrum

youtube.com/channel/UC3RIwgKB6ehKvOCb7QbSf1Q

