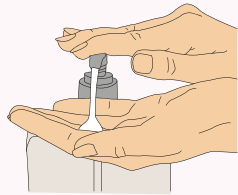


10 steps for effective hand hygiene

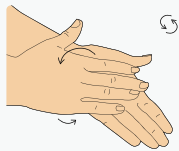
Handwashing using an alcohol-based hand rub

1

Apply the rub to the palm of one hand

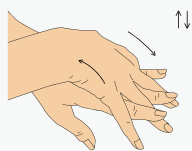


2



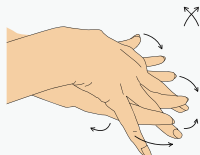
Rub the palms of your hands together

3



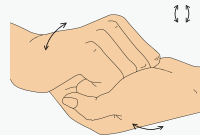
Rub the back of each hand on the palm of the other hand (left and right)

4



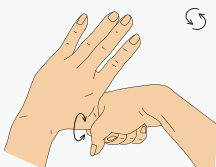
Rub hands palm to palm with fingers interlaced

5



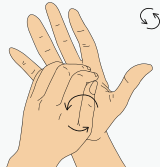
Rub the backs of the fingers of each hand on the palm of the other hand

6



Wrap the palm of each hand around the thumb of the other hand and rub

7



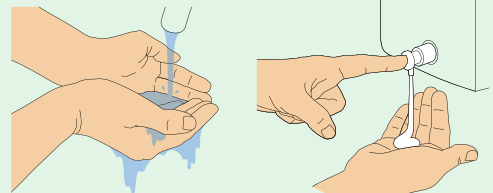
Rub the fingertips of each hand on the palm of the other hand



20 to 30 sec

Handwashing using water and soap

1



1. Wet your hands with clean water
2. Apply plenty of soap

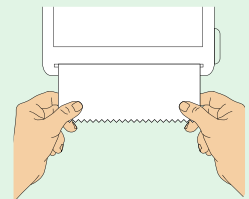
8

Rinse well, removing all soap residue



9

Dry your hands using a disposable towel



10

Use the disposable towel to turn off the tap



40 to 60 sec