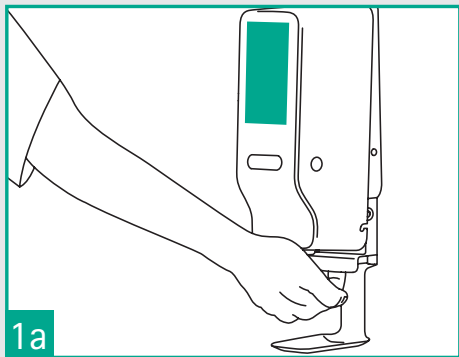
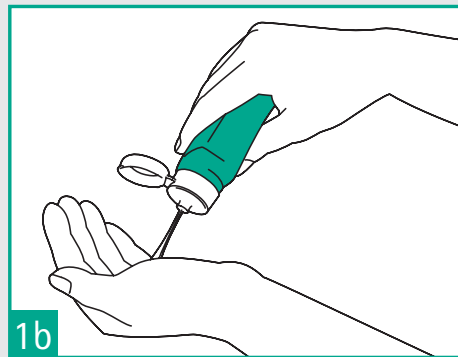


Rub hands for hand hygiene! Wash hands instead when visibly soiled. Duration of the entire procedure: 20 – 30 seconds

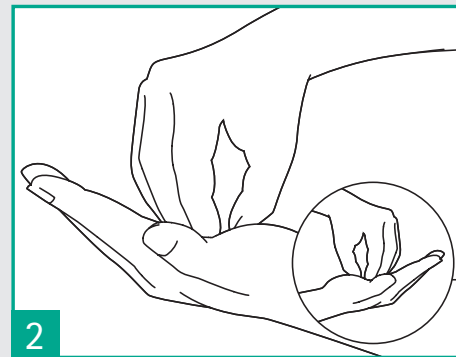


1a

Apply a palmful of the product in a cupped hand, enough to cover all hand surfaces

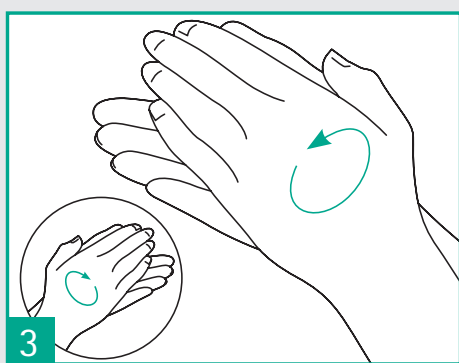


1b



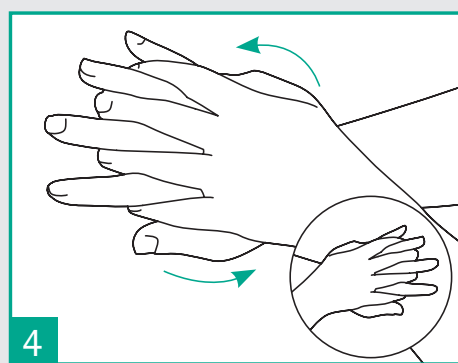
2

Backs of fingers to opposing palms with fingers interlocked



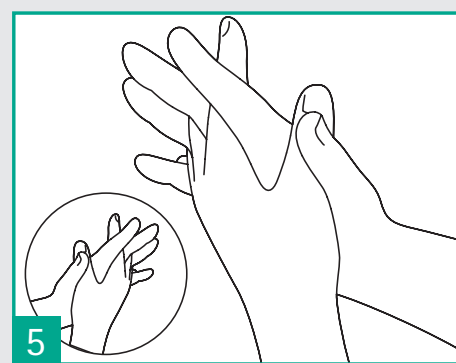
3

Rub hands palm to palm



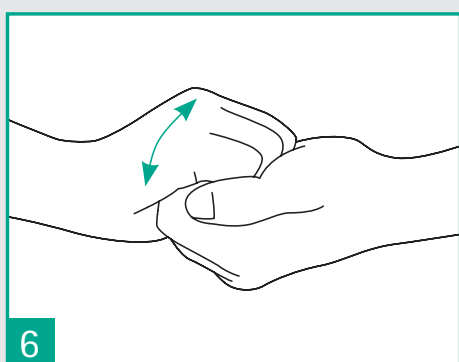
4

Right palm over left dorsum with interlaced fingers and vice versa



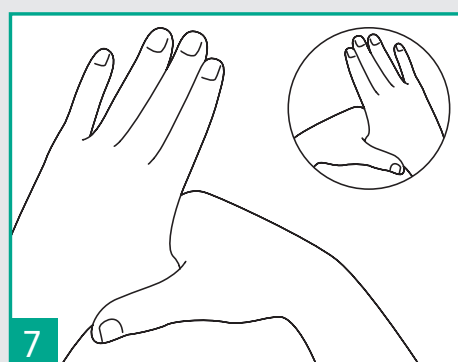
5

Palm to palm with fingers interlaced



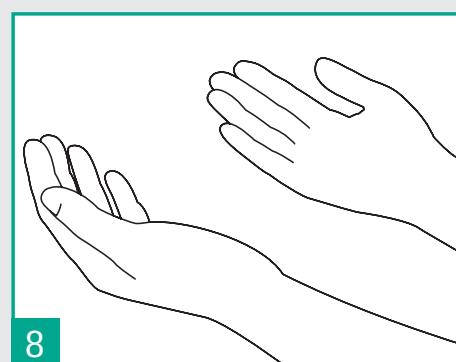
6

Rotational rubbing of left thumb clasped in right palm and vice versa



7

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



8

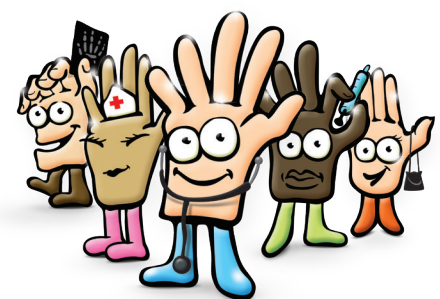
Once dry, your hands are safe

Pires, D., Bellissimo-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO "How to Handrub" Hand Hygiene Technique: Fingertips First? Infection Control & Hospital Epidemiology, 38(2), 230-233. doi:10.1017/ice.2016.241



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HOW TO HANDRUB?

SAVE LIVES: CLEAN YOUR HANDS