

How to handrub?

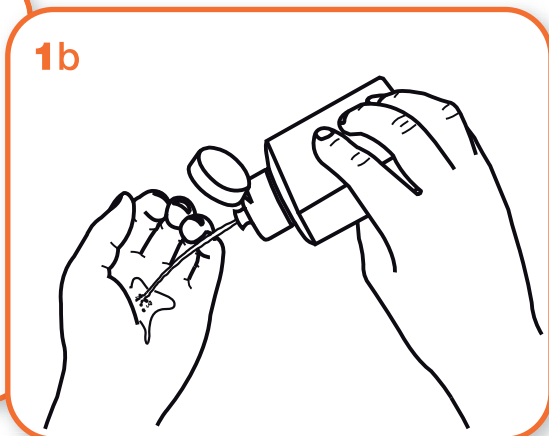
RUB HANDS FOR HAND HYGIENE! WASH HANDS ONLY WHEN VISIBLY SOILED!



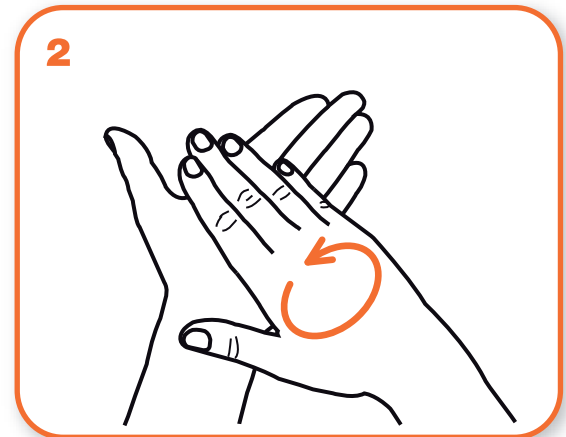
Duration of the entire procedure: **20-30 sec.**



1a



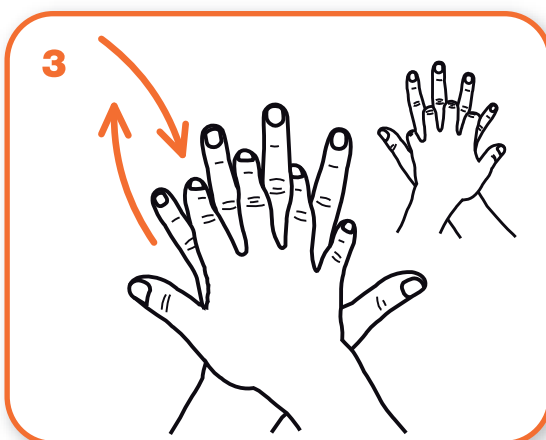
1b



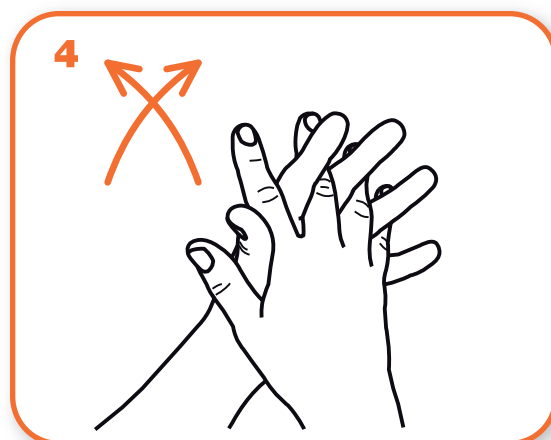
2

Apply a palmful of the product in a cupped hand and cover all surfaces.

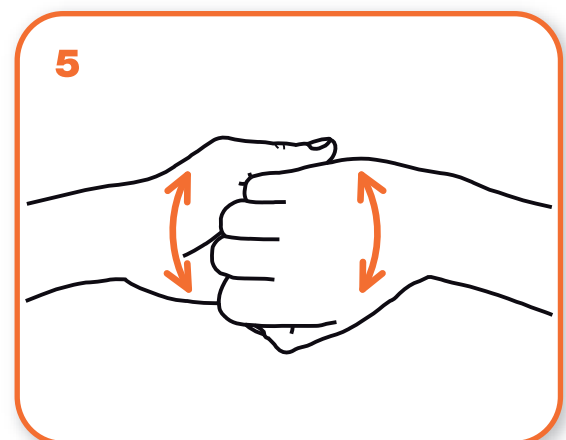
Rub hands palm to palm



3



4

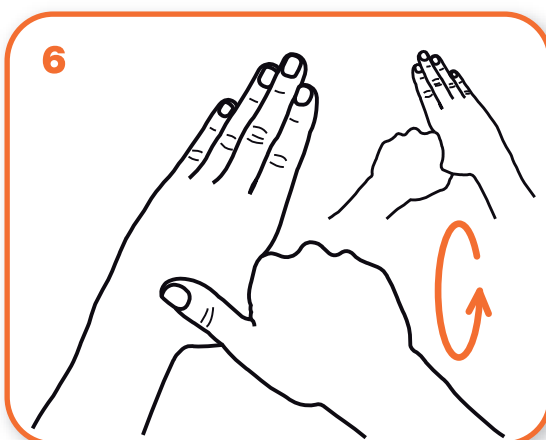


5

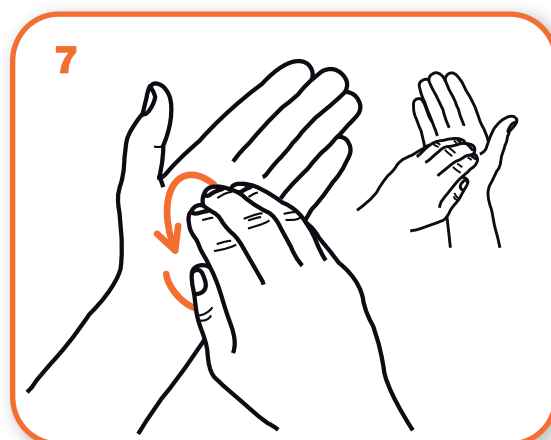
right palm over left dorsum with interlaced fingers and vice versa

palm to palm with fingers interlaced

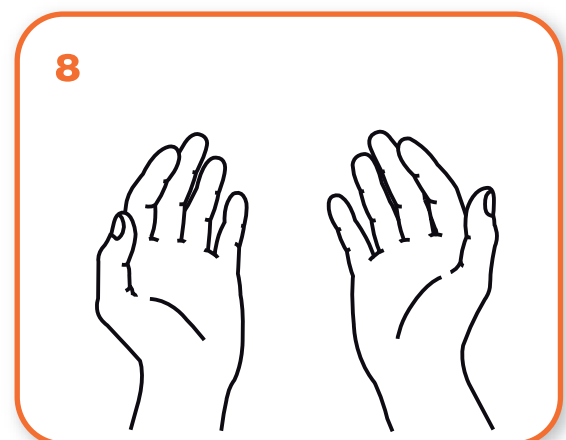
backs of fingers to opposing palms with fingers interlocked



6



7



8

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

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

...once dry, your hands are safe.

WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.