



HAND HYGIENE PROTOCOL

How to handrub? WITH ALCOHOL-BASED FORMULATION

WITH ALCOHOL-BASED FORMULATION



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



Rub hands palm to palm



backs of fingers to opposing palms with fingers interlocked



right palm over left dorsum with interlaced fingers and vice versa



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



palm to palm with fingers interlaced



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

Washing your hands properly takes about as long as singing 'Happy Birthday' twice.

Design: www.who.int/handrub



20-30 sec



...once dry, your hands are safe.

How to handwash? WITH SOAP AND WATER

WITH SOAP AND WATER



Wet hands with water



apply enough soap to cover all hand surfaces.



rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet

Or 'hands free' taps: elbow, foot pedal, sensor.



40-60 sec



...and your hands are safe.



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