

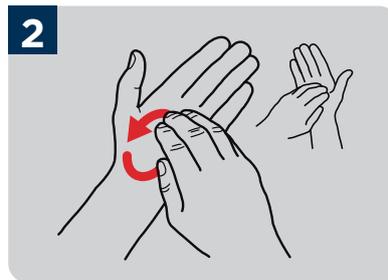
How to handrub

FOR GOOD HAND HYGIENE – RUB HANDS WITH ALCOHOL HANDRUB! WASH HANDS WHEN VISIBLY SOILED

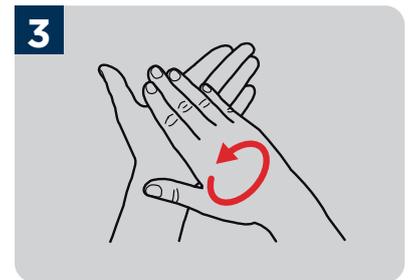
 Repeat steps until hands are completely dry



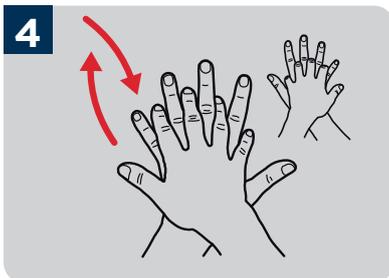
1 Apply a palmful of the product in a cupped hand, covering all surfaces;



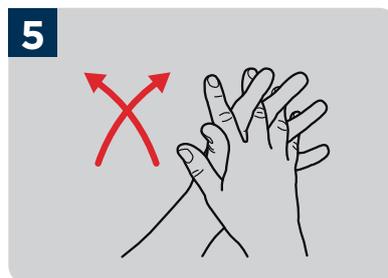
2 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



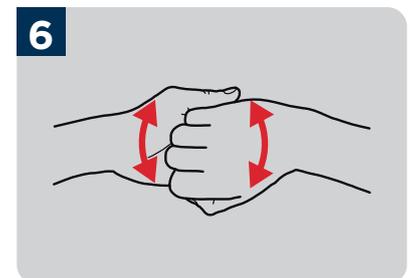
3 Rub hands palm to palm;



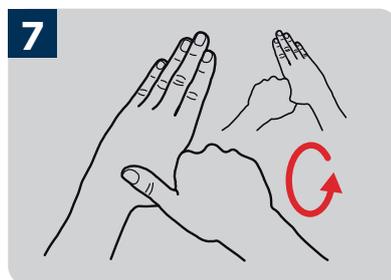
4 Right palm over left dorsum with interlaced fingers and vice versa;



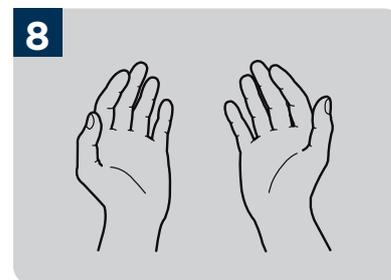
5 Palm to palm with fingers interlaced;



6 Backs of fingers to opposing palms with fingers interlocked;



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



8 Once dry, your hands are safe.

Based on the 'How to Handrub', URL: http://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf © World Health Organization 2009. All rights reserved.