

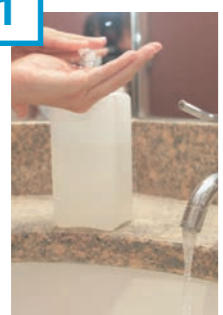
Hand hygiene

Cleaning hands with water and soap



60 sec.


1



Wet hands with water and apply a sufficient amount of liquid soap, spread it over your hands and rub in the following way:

2

Palm to palm




3

Palm over the back of the other hand – both left and right




4

Palm to palm, with fingers interlaced




5

Backs of the fingers to opposing palm with fingers interlocked




6

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




7

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




8

Thoroughly rinse your hands with water




9

Use a disposable towel to pat hands dry




10

Use the disposable towel to close the tap



11

Hands are now clean



Source: WHO