

# Hand hygiene

## Disinfect using alcohol hand sanitiser

### Basic requirements:

- short, clean fingernails, (no artificial nails or nail extensions, no nail varnish),
- no jewelry on hands or forearms (rings, wrist watch, bracelets, etc.).

## Cleaning hands with water and soap



Use a generous quantity of alcohol hand rub, spread it over your hands and rub in the following way:

**30 sec.**



**60 sec.**



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



Palm to palm.



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



Palm to palm, with fingers interlaced.



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



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



Backs of the fingers to opposing palm with fingers interlocked.



Thoroughly rinse your hands with water.



Use a disposable towel to pat hands dry.



Use the disposable towel to close the tap.



Thoroughly dry hands after rubbing. Hands are now disinfected.



Hands are now clean.