Apply a generous amount of sanitizer in a cupped hand, covering all surfaces.

1a. Right palm over left hand with interlaced fingers and vice versa.

1b. Rotational rubbing of left thumb clasped in right palm and vice versa.

2. Rub hands palm to palm.

3. Palm to palm with fingers interlaced.

4. Backs of fingers to opposing palms with fingers interlocked.

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

6. Dry hands.

DURATION: 20-30 SECONDS

Source: World Health Organization

Wash your hands often! Use hand sanitizer when soap & water are not available.