WASH YOUR HANDS WHEN THEY ARE VISIBLY SOILED!
USE HAND SANITIZER OR SOAP & WATER FOR HAND HYGIENE!

DURATION: 20-30 SECONDS

1a Apply a generous amount of sanitizer in a cupped hand, covering all surfaces
1b Rub hands palm to palm

2 Right palm over left hand with interlaced fingers and vice versa

3 Palm to palm with fingers interlaced

4 Backs of fingers to opposing palms with fingers interlocked

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

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

7 Dry hands

Source: World Health Organization