

# Hand Hygiene



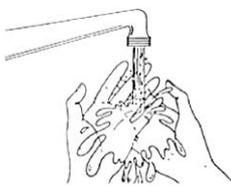
Washing your hands or using a hand sanitiser will help prevent germs from spreading.

## Handwashing steps

**Use soap:** Using water alone does not remove soil and grease which can trap unseen germs and viruses.

Wash your hands for at least **15-20 seconds** using the following steps.

Total duration of the entire procedure is **40-60 seconds**.



**1** Remove all jewellery and wet hands with water



**2** Apply soap, covering all hand surfaces



**3** Rub hands together



**4** Cover all surfaces of the hands and fingers



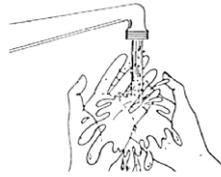
**5** Clean knuckles, back of hands and fingers



**6** Clean the space between the thumb and the index finger



**7** Clean the fingernails by working the fingertips into the palms



**8** Rinse well under running water



**9** Use a disposable towel to turn off the tap and then dry your hands with a new towel

## Handrub steps (hand sanitiser)

Rub hands for hand hygiene!

Wash hands when visibly soiled.

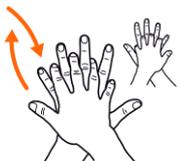
Duration of the entire procedure is **20-30 seconds**.



**1** Apply a generous amount of the product in a cupped hand, covering all surfaces



**2** Rub hands palm to palm



**3** Right palm over left dorsum with interlaced fingers and vice versa



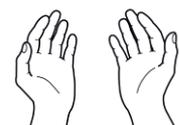
**4** Palm to palm with fingers interlaced



**5** Backs of fingers to opposing palms with fingers interlocked



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



**7** Once dry, your hands are safe

**Disclaimer:** This leaflet has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

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