



## How to hand rub

with alcohol-based hand sanitizer

1



Apply product to the palm of one hand, ensuring that all hand surfaces are covered.

## How to hand wash

with liquid soap and water

1

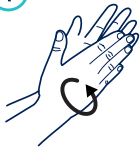


Wet hands with water.



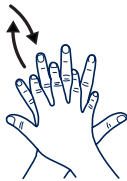
Apply soap to hands, ensuring that all hand surfaces are covered.

1



Rub hands palm to palm.

2



Rub the right palm over the top of the left hand and between fingers. Repeat with other hand.

3



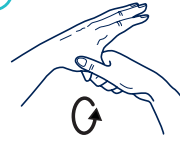
Rub palm to palm and between fingers.

4



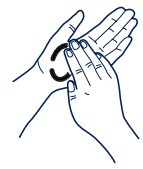
Rub the back of fingers into your palm.

5



Rub the left thumb in a circle with the right palm and vice versa.

6



Rub the left palm in a circle, back and forth, with clasped fingers of the right hand. Repeat with other hand.



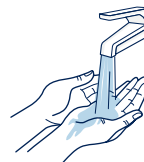
Duration of entire procedure: 20-30 seconds

3



When dry, your hands are clean!

3



Rinse hands with water.



Dry hands thoroughly with a paper towel.



Use paper towel to turn off the tap.



Duration of entire procedure: 40-60 seconds

4



When dry, your hands are clean!

Based on the 'How to Handwash', URL: [http://www.who.int/gpsc/5may/How\\_To\\_HandWash\\_Poster.pdf](http://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf) and 'How to Handrub', URL: [http://www.who.int/gpsc/5may/How\\_To\\_HandRub\\_Poster.pdf](http://www.who.int/gpsc/5may/How_To_HandRub_Poster.pdf) © World Health Organization 2009. All rights reserved.

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