

Hand hygiene techniques

1 **How to hand rub**
with alcohol-based hand sanitizer



Apply product to the palm of one hand, then cover all hand surfaces.

1 **How to hand wash**
with antibacterial soap and water

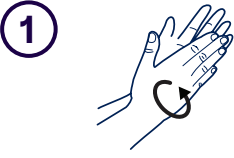
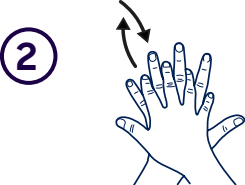
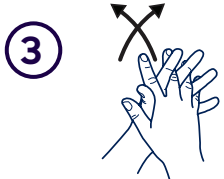





Wet hands with water.



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

2 Scrub your hands vigorously for at least 20-30 seconds.

3



When dry, your hands are clean!

3



Rinse hands with warm water.

4



Dry hands thoroughly with a paper towel.



Use paper towel to turn off faucet.