Hand Sanitizers

Using a hand sanitizer helps prevent germs from spreading.

Rub hands for hand hygiene! Wash hands when visibly soiled.

Duration of the entire procedure is 20-30 seconds.

1. Apply a palmful of the product in a cupped hand, covering all surfaces.
2. Rub hands palm to palm.
3. Right palm over back of left hand 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 of left thumb clasped in right palm and vice versa.
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
8. Once dry, your hands are safe.

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Hand Sanitizer Steps Poster – ENGLISH
Adapted from the ‘How to Hand rub?’ poster, World Health Organization 2009.