How to handrub?
WITH ALCOHOL-BASED FORMULATION

1a Apply a palmful of the product in a cupped hand and cover all surfaces.

1b

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 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 rinse hands with water

9 dry thoroughly with a single use towel

10 use towel to turn off faucet

20-30 sec

How to handwash?
WITH SOAP AND WATER

0 Wet hands with water

1 apply enough soap to cover all hand surfaces.

20-30 sec

3 rotate hands palm to palm

4 palm to palm with fingers interlaced

5 rotate hands back and forth with clasped fingers of right hand in left palm and vice versa

6 rotate hands with oppositional palms

7 rotate hands with back and forth motions

8 rotate hands with oppositional palms

9 rotate hands with back and forth motions

10 rotate hands with back and forth motions

11 rotate hands with oppositional palms

40-60 sec

...once dry, your hands are safe.

...and your hands are safe.

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