Clean your hands

How to handrub?
WITH 60%-95% ALCOHOL-BASED FORMULATION

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

How to handwash?
WITH SOAP AND WATER

0 Wet hands with water
1 apply enough soap to cover all hand 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 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

Having clean hands reduces the spread of diseases like COVID-19

8 rinse hands with water
9 dry thoroughly with a single use towel
10 use towel to turn off faucet

20-30 sec
40-60 sec

…once dry, your hands are safe.
11 …and your hands are safe.