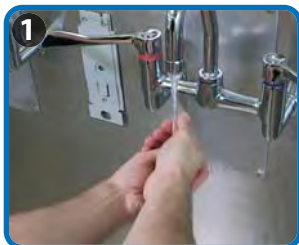
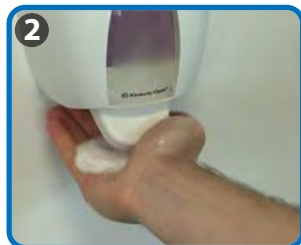




Hand Washing Technique with Soap and Water



1 Wet hands with water



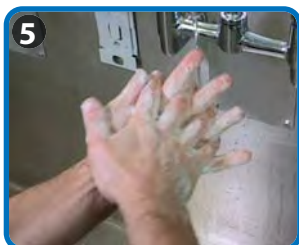
2 Apply enough soap to cover all hand surfaces



3 Rub hands palm to palm



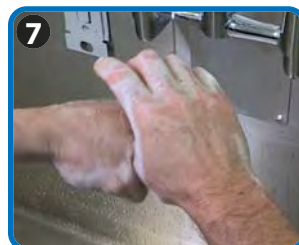
4 Rub back of each hand with the palm of the other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocking and vice versa



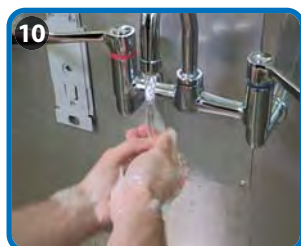
7 Rub each thumb clasped in opposite hand using a rotational movement



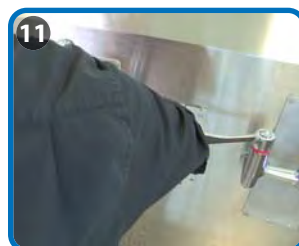
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with the opposite hand using a rotational movement



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with disposable paper towel



13 Hand washing should take 40-60 seconds

** Steps 3 to 9 require a minimum of 5 repetitions



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Hand Rub Technique with Alcohol Gel



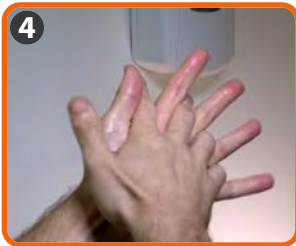
1 Apply sufficient alcohol gel to a cupped hand to cover all surfaces



2 Rub hands palm to palm



3 Rub back of each hand with the palm of the other hand with fingers interlaced



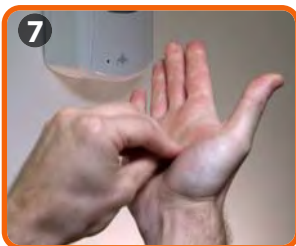
4 Rub palm to palm with fingers interlaced



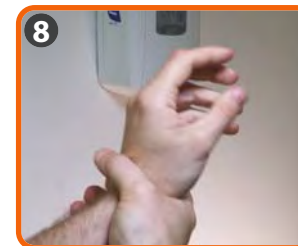
5 Rub with back of fingers to opposing palms with fingers interlocking and vice versa



6 Rub each thumb clasped in opposite hand using a rotational movement



7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with the opposite hand using a rotational movement



9 Allow hands to air dry

** Steps 2 to 8
require a minimum
of 3 repetitions



qrs.ly/zg4tbjg