

How to handrub?

Steps 2 – 7 should take at least 15 seconds



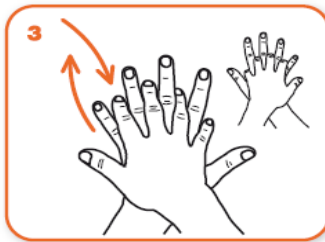
Duration of the entire procedure: 20-30 sec.



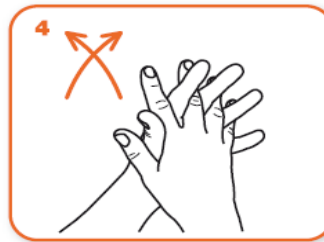
Apply a palmful of the product in a cupped hand and cover all surfaces.



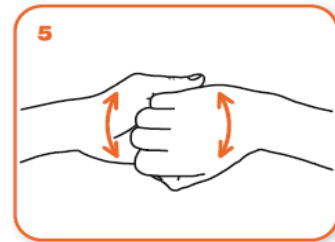
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



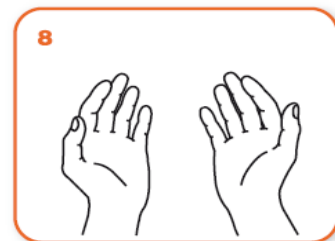
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



...once dry, your hands are safe.



Adapted from the World Health Organisation



Germs. Wash your hands of them.