

**SAVE LIVES**  
Clean **Your** Hands

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## Hand Hygiene

### When and How



**World Health Organization**

**Patient Safety**

A World Alliance for Safer Health Care

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# How to handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

**⌚ Duration of the entire procedure: 20-30 seconds**

<p><b>1a</b></p>	<p><b>1b</b></p>	<p><b>2</b></p>
<p>Apply a palmful of the product in a cupped hand, covering all surfaces;</p>		<p>Rub hands palm to palm;</p>
<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>
<p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>Palm to palm with fingers interlaced;</p>	<p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p>
<p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>Once dry, your hands are safe.</p>

# How to handwash?

**WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB**

**⌚ Duration of the entire procedure: 40-60 seconds**

<p><b>0</b></p>	<p><b>1</b></p>	<p><b>2</b></p>
<p>Wet hands with water;</p>	<p>Apply enough soap to cover all hand surfaces;</p>	<p>Rub hands palm to palm;</p>
<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>
<p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>Palm to palm with fingers interlaced;</p>	<p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p>
<p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>Rinse hands with water;</p>
<p><b>9</b></p>	<p><b>10</b></p>	<p><b>11</b></p>
<p>Dry hands thoroughly with a single use towel;</p>	<p>Use towel to turn off faucet;</p>	<p>Your hands are now safe.</p>