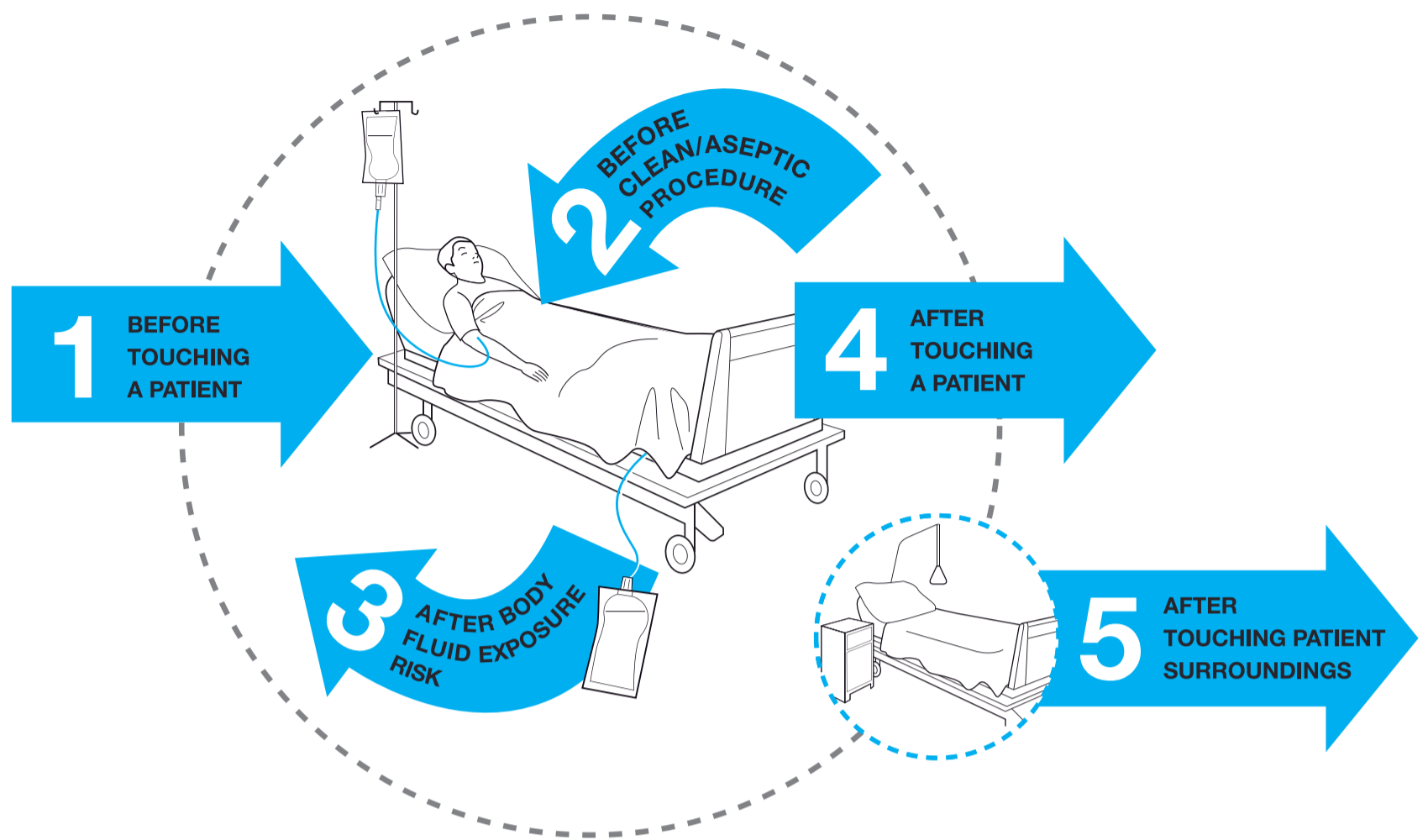


# Your 5 Moments for Hand Hygiene



## Hand Rub Procedure

Duration of the entire procedure : 20-30 seconds



1a

Apply a palmful of alcohol-based hand rub in a cupped hand, covering 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