

Hand hygiene

EFFECTIVE AND CORRECT HAND WASHING AND DISINFECTION



Moisten your hands and wrists before applying soap/wash cream.



Hand disinfection should be performed on visibly clean and dry hands.



Apply the soap/wash cream on the palm of your hands, between your fingers, on each finger, on the back of your hands and around your wrists.



Apply the disinfectant in an amount which can keep your hands moisturized while rubbing for at least 30 seconds.



Wash the palm of your hands, between your fingers, finger tips, thumbs, the back of your hands and your wrists thoroughly for minimum 15 seconds.



Rub the palm of your hands, between your fingers, finger tips, thumbs, the back of your hands and your wrists thoroughly for minimum 30 seconds.



Rinse off the soap/wash cream and dab your hands completely dry.



Rub in the hand disinfectant until your hands are dry.



In case of hand operated taps: Close the tap with the paper towel.

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