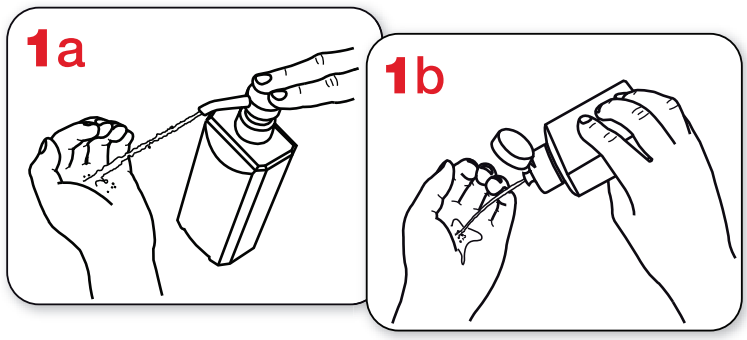
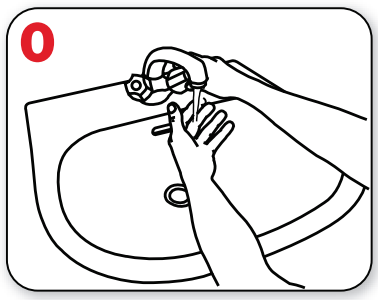
How to handrub?
WITH ALCOHOL-BASED FORMULATION

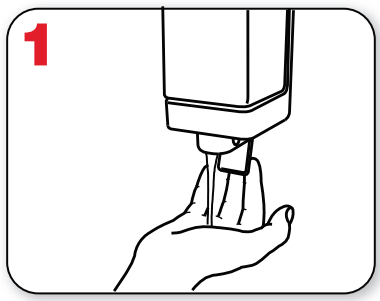


Apply a palmful of the product in a cupped hand and cover all surfaces.

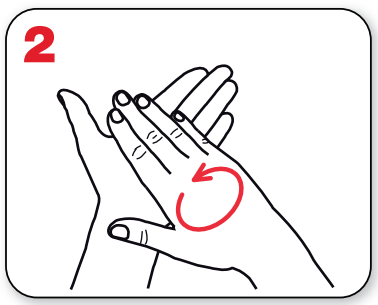
How to handwash?
WITH SOAP AND WATER



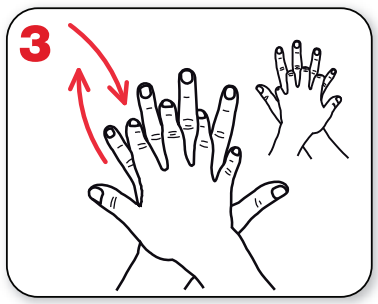
Wet hands with water



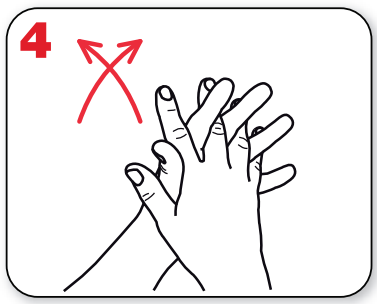
apply enough soap to cover all hand surfaces.



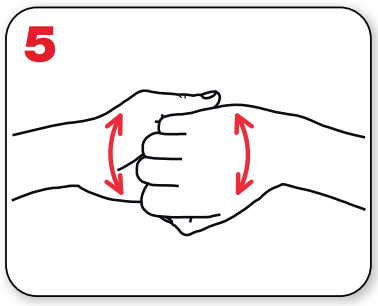
Rub hands palm to palm



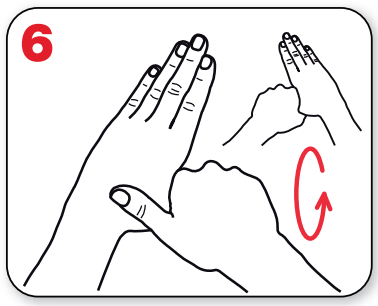
right palm over left dorsum with interlaced fingers and vice versa



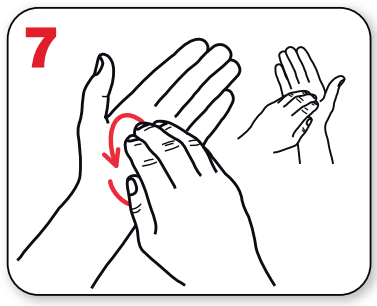
palm to palm with fingers interlaced



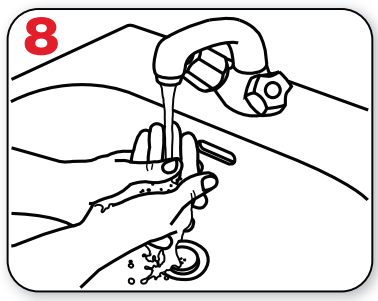
backs of fingers to opposing palms with fingers interlocked



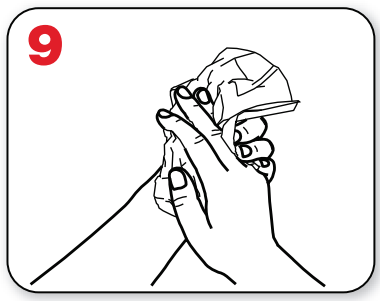
rotational rubbing of left thumb clasped in right palm and vice versa



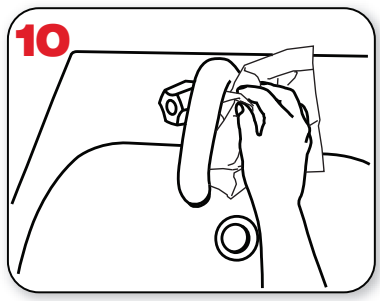
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



rinse hands with water

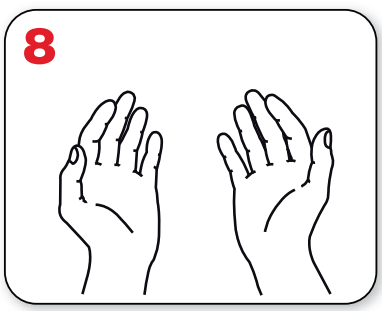


dry thoroughly with a single use towel

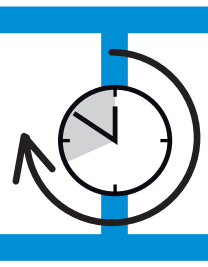


use towel to turn off faucet

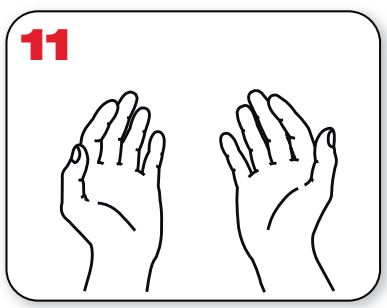
20-30 sec



…once dry, your hands are safe.



40-60 sec



…and your hands are safe.

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World Health Organization

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