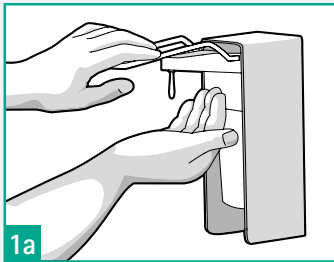
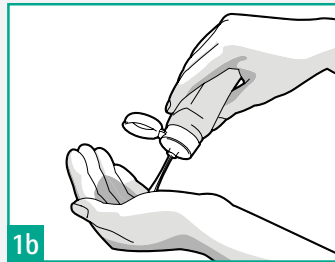


Rub hands for hand hygiene! Wash hands instead when visibly soiled.
Duration of the entire procedure: 20 – 30 seconds

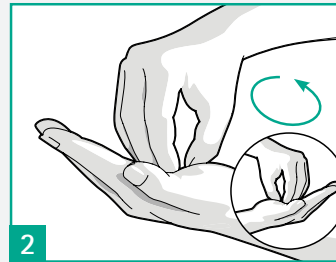


1a

Apply a palmful of the product in a cupped hand, enough to cover all hand surfaces. For touchless technique, please use elbows to dispense product where applicable.



1b



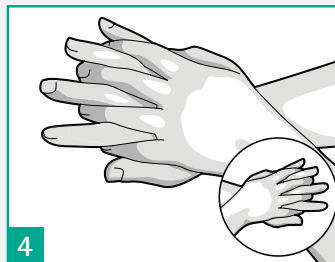
2

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



3

Rub hands palm to palm.



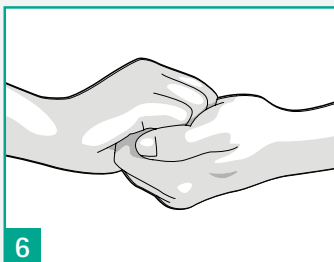
4

Right palm over left dorsum with interlaced fingers and vice versa.



5

Palm to palm with fingers interlaced.



6

Backs of fingers to opposing palms with fingers interlocked.



7

Rotational rubbing of left thumb clasped in right palm and vice versa.



8

Once dry, your hands are safe.



Pires, D., Bellissimo-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO "How to Handrub" Hand Hygiene Technique: Fingertips First? *Infection Control & Hospital Epidemiology*, 38(2), 230-233. doi:10.1017/ice.2016.241

©World Health Organization 2009. All rights reserved.

JOIN THE HAND
HYGIENE CAMPAIGN



HOW TO HANDRUB?

SAVE LIVES: CLEAN YOUR HANDS