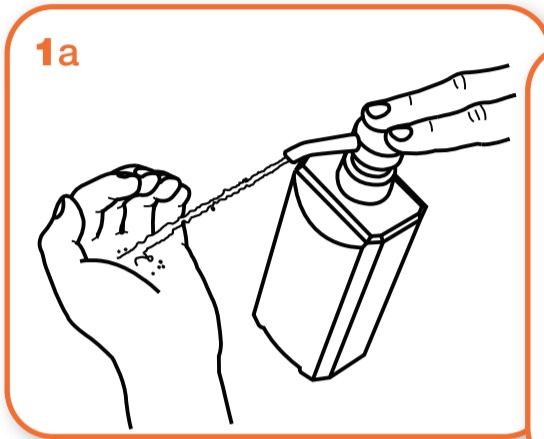


# How to handrub?

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

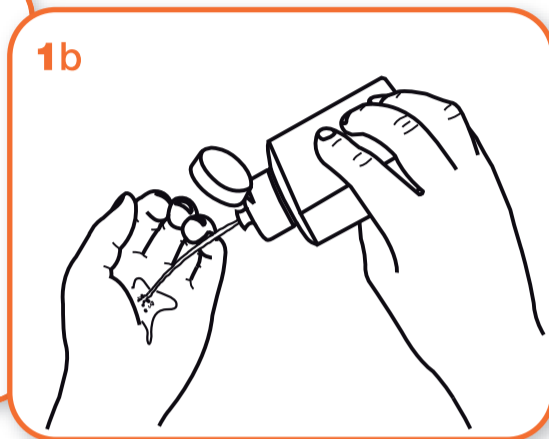


Duration of the entire procedure: **20-30 sec.**

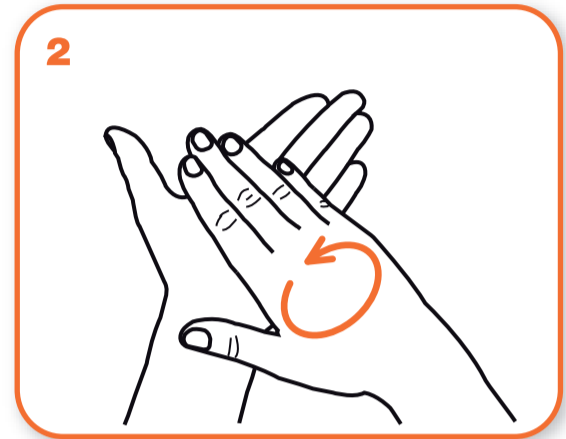


1a

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

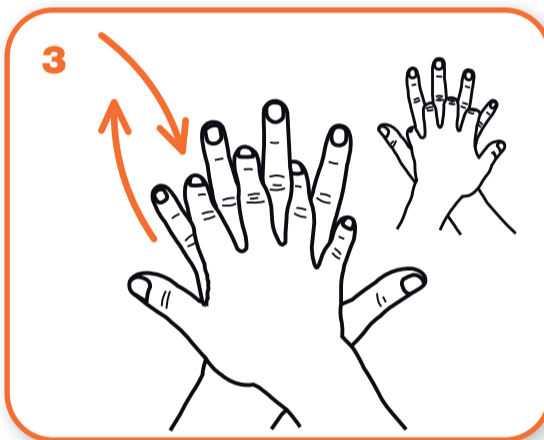


1b



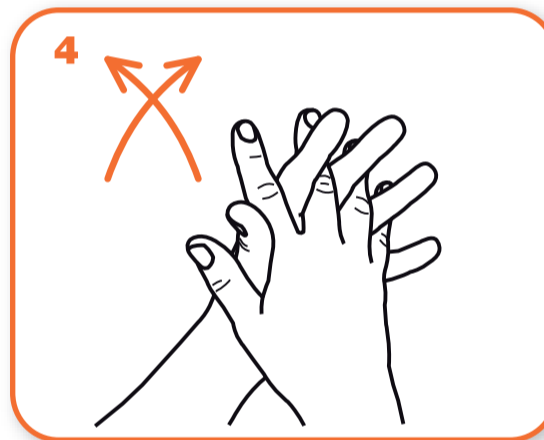
2

Rub hands palm to palm



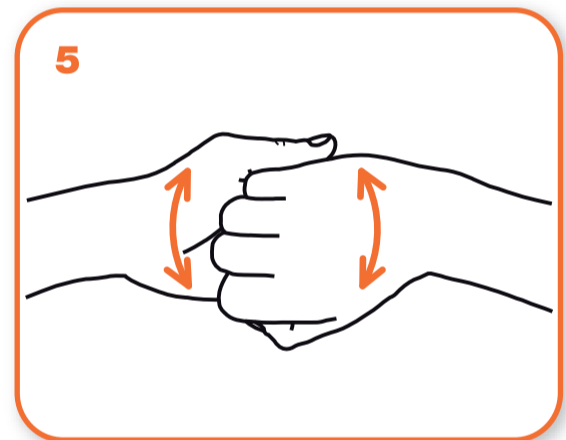
3

right palm over left dorsum with interlaced fingers and vice versa



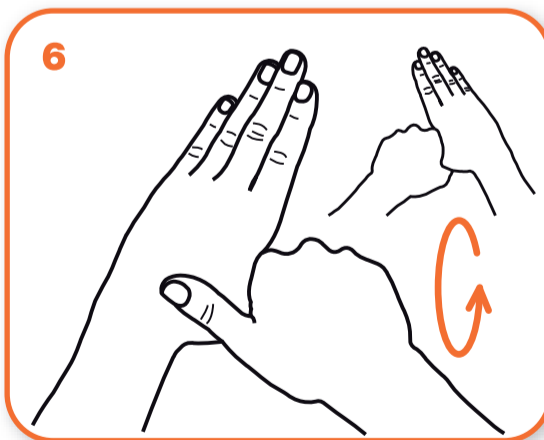
4

palm to palm with fingers interlaced



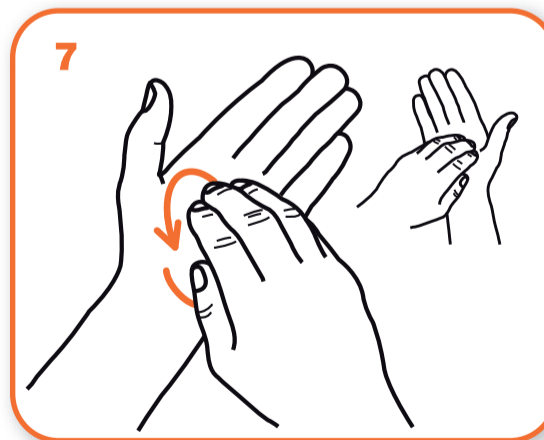
5

backs of fingers to opposing palms with fingers interlocked



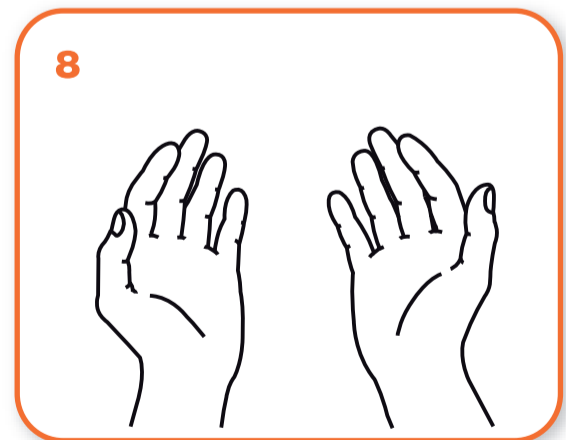
6

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



8

...once dry, your hands are safe.