

# Hand Sanitisers

Using a hand sanitiser helps prevent germs from spreading.

**Rub hands for hand hygiene! Wash hands when visibly soiled.**

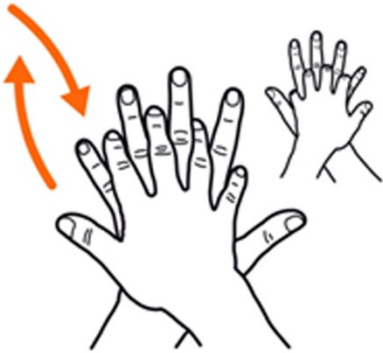
Duration of the entire procedure is **20-30 seconds**.



**1** Apply a palmful of the product in a cupped hand, covering all surfaces



**2** Rub hands palm to palm



**3** Right palm over back of left hand with interlaced fingers and vice versa



**4** Palm to palm with fingers interlaced



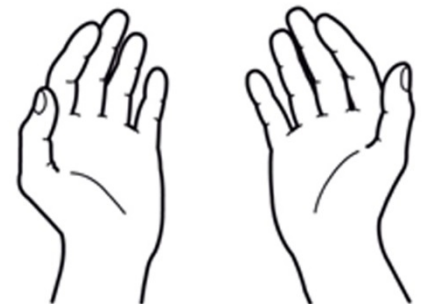
**5** Backs of fingers to opposing palms with fingers interlocked



**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



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Hand Sanitiser Steps Poster – ENGLISH  
Adapted from the 'How to Handrub?' poster, World Health Organization 2009.



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