

1 Hand Washing



2 Hand Disinfecting



Wet your hands under running water

Soap your hands thoroughly



Rub your hands together. Don't forget your wrists and the space between your fingers



Rinse your hands well under running water



Carefully dry your hands with an unused portion of cotton or paper from the towel dispenser



Take the prescribed amount of disinfectant into the palm of the hand and completely wet your palms



Rub the back of each hand with the opposite palm



Rub palms, with fingers interlaced



Rub the outside of the fingers into the opposite palm



Rub right and left thumb



Rub fingertips into opposite palm. Keep repeating the above until the hands are dry

