

## Hand hygiene techniques

## How to hand rub

with alcohol-based hand sanitizer



Apply product to the palm of one hand, ensuring that all hand surfaces are covered.

## How to hand wash

with antibacterial soap and water





Scrub your hands vigorously for at least 40-60 seconds.

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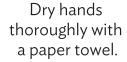


When dry, your hands are clean!



Rinse hands with warm water.







Use paper towel to turn off the faucet.