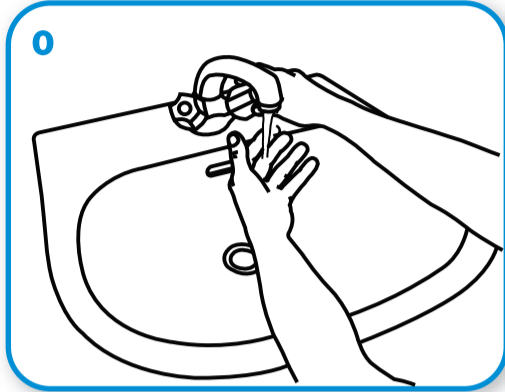


How to handwash?

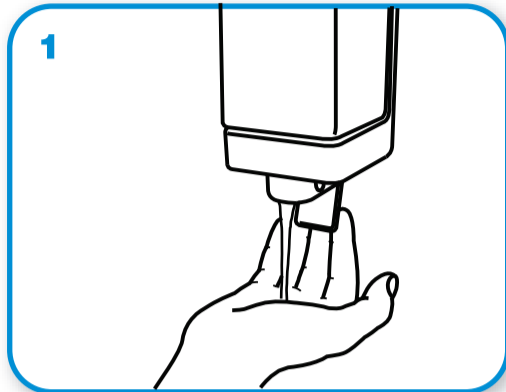
WASH HANDS ONLY WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB!



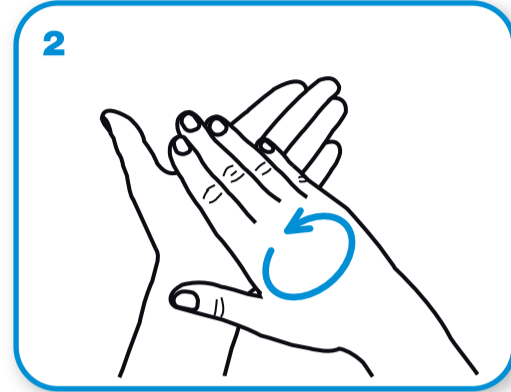
Duration of the entire procedure: **40-60 sec.**



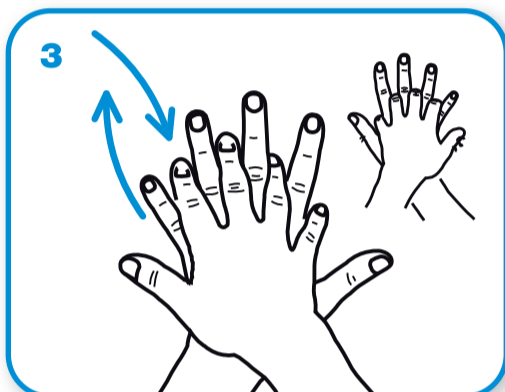
Wet hands with water



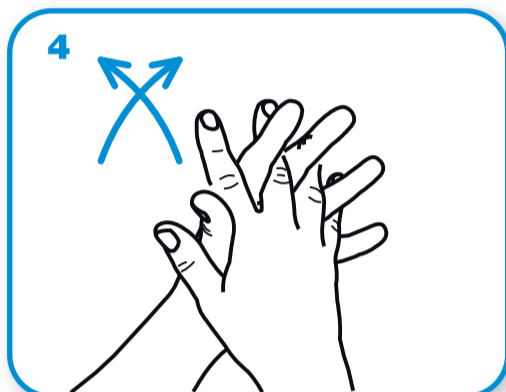
apply enough soap to cover all hand surfaces.



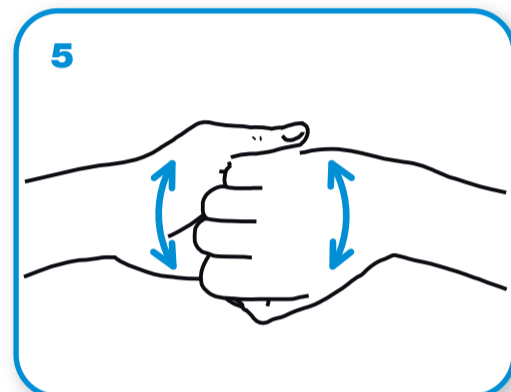
Rub hands palm to palm,



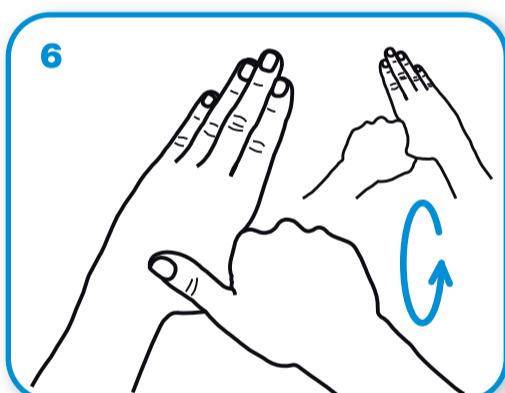
right palm over left dorsum with interlaced fingers and vice versa,



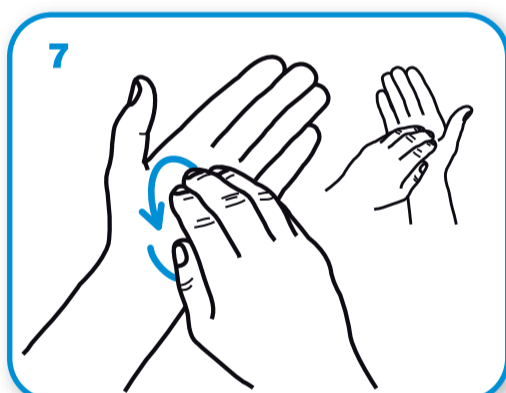
palm to palm with fingers interlaced,



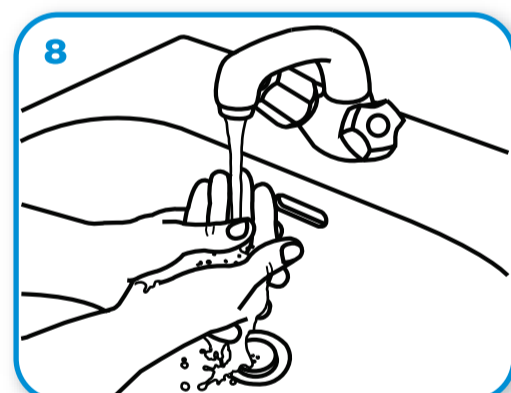
backs of fingers to opposing palms with fingers interlocked,



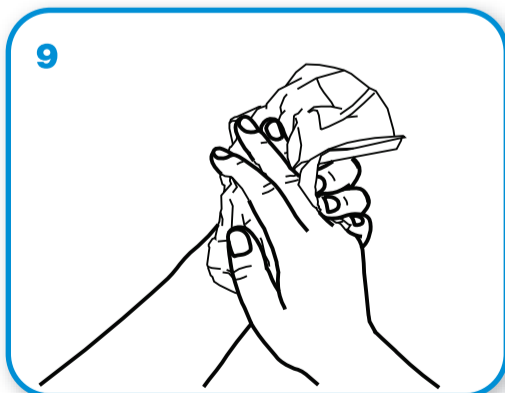
rotational rubbing of left thumb clasped in right palm and vice versa,



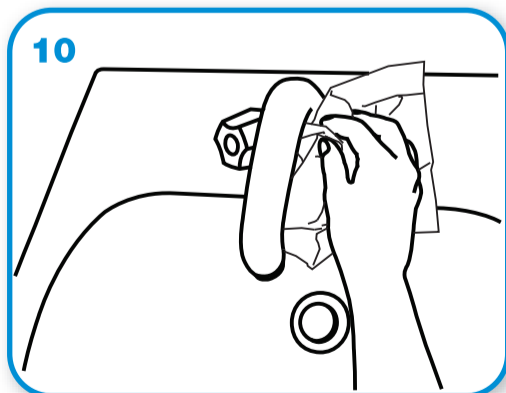
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



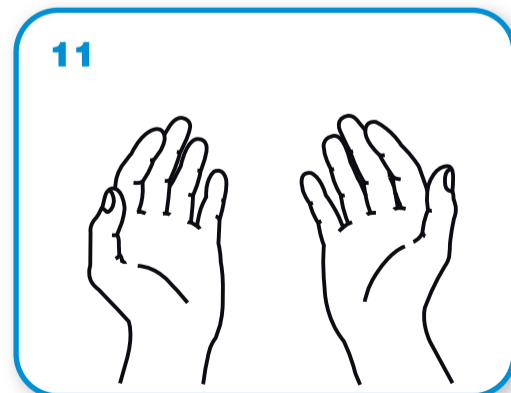
Rinse hands with water,



dry hands thoroughly with a single use towel,



use towel to turn off faucet.



Your hands are now safe.



ARRÊT!
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WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

October 2006, version 1.



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