

INSTRUCTIONS FOR PROPER HAND HYGIENE

OUR SAFETY IS IN YOUR HANDS



IF YOUR HANDS ARE CLEAN YOU AND YOUR ENVIRONMENT ARE SAFE

WATCH THE VIDEOS

SOAP AND WATER



HYDRO-ALCOHOLIC SOLUTION



Take care of your hands by using hand cream

Your skin is the main barrier against infections

1 **Soap** Wet your hands with water and place liquid soap on your palms or... **40" - 60"**

1 **Solution** ... put a dose of solution in the palm of your dry hands. **20" - 30"**

2 Rub your palms together, interlacing your fingers and vice versa.

3 Rub each palm against the back of the other hand, interlacing fingers.

4 Rub the backs of the fingers of one hand with the palm of the other, making rotational movements. And then vice versa.

5 Rub the thumb of one hand inside the other closed hand, making rotational movements. Repeat vice versa.

6 Rub the backs of the fingers of one hand with the palm of the other, making rotational movements. And then vice versa.

7 Rub your wrists.

8 **Soap** Rinse your hands with water and dry them with a disposable towel; use this towel to close the tap without touching it with your clean hands.

8 **Solution** ...let the solution dry by itself.

