

Wash with soap (Step 1a)

Wet hands – take a portion of soap

Hand disinfection (Step 1a)

Hands must be dry – take a portion of hand disinfectant



Palm to palm and rub

Step 1



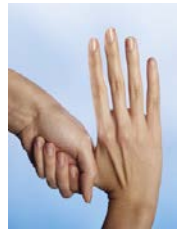
Palms to backs of hands – fingers spread
Rub back of hand and areas between fingers and vice versa

Step 2



Place palms together – rub insides of fingers and palms

Step 3



Encircle right thumb with left hand – rub with circular movement – and vice versa

Step 4



Rub outside of the fingers crosswise on opposite palm

Step 5



Rub fingertips of each hand in the palm of the other hand

Step 6

Step 7

Thoroughly rinse hands with lukewarm water – remove all the soap

Step 8

Dry hands with paper towel, use paper towel to turn off tap

Step 7

Repeat steps 2-6 until all disinfectant has been rubbed in and hands are dry

The entire procedure must take at least 40 – 60 seconds

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