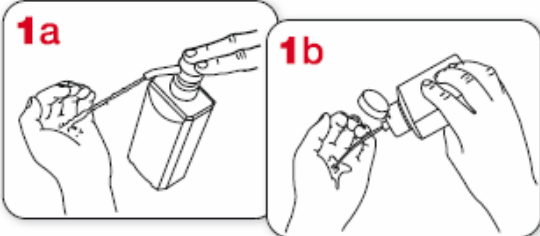


Cleaning your hands

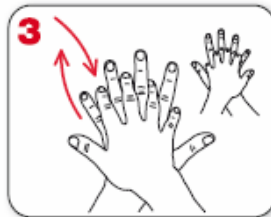
How to handrub? WITH ALCOHOL-BASED FORMULATION



Apply enough product into cupped palm to cover all surfaces of both hands



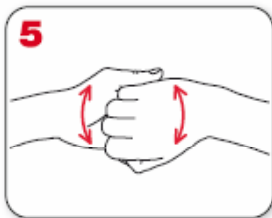
Rub hands palm to palm



right palm over back of left hand with interlaced fingers and vice versa



palm to palm with fingers interlaced



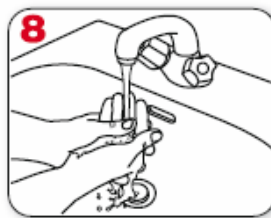
backs of fingers to opposing palms with fingers interlocked



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



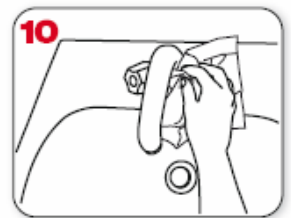
rotational rubbing thumb and fingertips of right hand in left palm and vice versa



rinse hands with water



pat dry with paper towel



turn off taps using paper towel



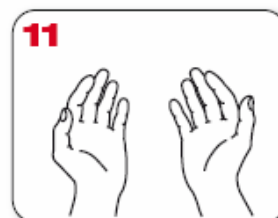
20-30 sec



... once dry, your hands are safe.



40-60 sec



... and your hands are safe.

Adapted from WHO "Your 5 Moments for Hand Hygiene" 2006

The Routine Practices Project & Your 4 Moment for Hand Hygiene

A Quality Improvement Initiative of Capital Health Infection Prevention & Control in collaboration with "STOP clean your hands" Canada's National Hand Hygiene Campaign



Capital Health



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