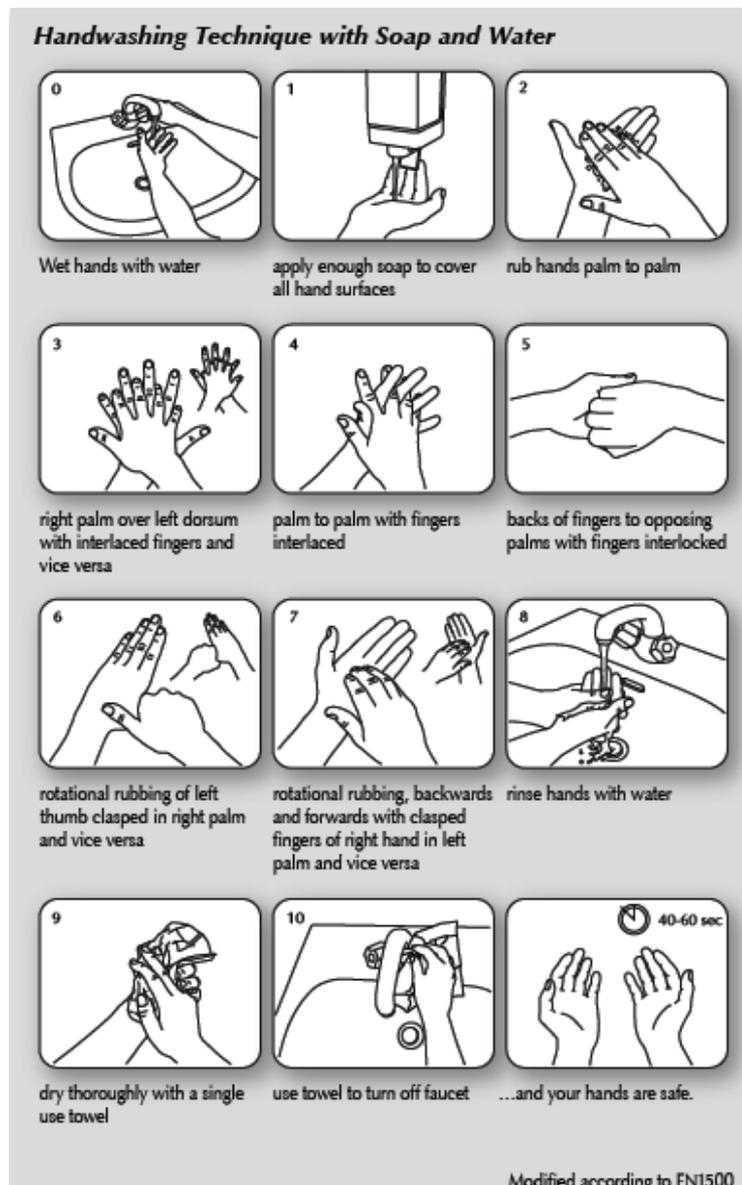


## Annex 5. Hand hygiene technique

When they are visibly dirty or contaminated with proteinaceous material, or visibly soiled with blood or other body fluids, wash hands with soap and water. If hands are not visibly dirty, use an alcohol-based preparation. Ethyl alcohol has greater activity against viruses than isopropyl alcohol, therefore, ethyl alcohol-based hand disinfection products may be preferred over isopropyl alcohol products in settings where transmission of HPAI is likely.

### a) Soap and water

Liquid, bar, leaflet or powdered forms of plain soap are acceptable when washing hands with a non-antimicrobial soap and water. Wet hands with water and apply the amount of product necessary to cover all surfaces. Vigorously perform rotational hand rubbing on both palms and interlace fingers to cover all surfaces.



Rinse hands with water and dry thoroughly with a single use towel. Use the towel to turn off the tap/faucet. Make sure the hands are dry. Use a method that does not recontaminate hands. Make sure towels are not used multiple times or by multiple people.

Use running and clean water for hand hygiene whenever possible. Avoid using hot water, as repeated exposure to hot water may increase the risk of dermatitis.

When bar soap is used, small bars of soap in racks that facilitate drainage should be used.

## b) Hand cleansers

When using an alcohol-based formulation (or another disinfectant based hand cleanser), apply a palmful of the product and cover all surfaces of the hands. Rub hands until they are dry.

