**How to handrub?**

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

**Duration of the entire procedure: 20-30 seconds**

1. Apply a palmful of the product in a cupped hand, covering all surfaces;
2. Rub hands palm to palm;
3. Right palm over left dorsum with interlaced fingers and vice versa;
4. Palm to palm with fingers interlaced;
5. Backs of fingers to opposing palms with fingers interlocked;
6. Rotational rubbing of left thumb clasped in right palm and vice versa;
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
8. Once dry, your hands are safe.

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

**How to handwash?**

**Duration of the entire procedure: 40-60 seconds**

1. Apply enough soap to cover all hand surfaces;
2. Rub hands palm to palm;
3. Right palm over left dorsum with interlaced fingers and vice versa;
4. Palm to palm with fingers interlaced;
5. Backs of fingers to opposing palms with fingers interlocked;
6. Rotational rubbing of left thumb clasped in right palm and vice versa;
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
8. Rinse hands with water;
9. Dry hands thoroughly with a single use towel;
10. Use towel to turn off faucet;
11. Your hands are now safe.
Clean hands are safer hands. Are yours clean?

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When?

YOUR 5 MOMENTS FOR HAND HYGIENE

1. BEFORE TOUCHING A PATIENT
   WHEN? Clean your hands before touching a patient.
   WHY? To protect the patient against harmful germs carried on your hands.

2. BEFORE CLEAN/ASEPTIC PROCEDURE
   WHEN? Clean your hands immediately before performing a clean/aseptic procedure.
   WHY? To protect the patient against harmful germs, including the patient's own, from entering his/her body.

3. AFTER BODY FLUID EXPOSURE RISK
   WHEN? Clean your hands immediately after a procedure involving exposure risk to body fluids (and after glove removal).
   WHY? To protect yourself and the environment from harmful patient germs.

4. AFTER TOUCHING A PATIENT
   WHEN? Clean your hands after touching the patient at the end of the encounter or when the encounter is interrupted.
   WHY? To protect yourself and the environment from harmful patient germs.

5. AFTER TOUCHING PATIENT SURROUNDINGS
   WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when a specific zone is temporarily and exclusively dedicated to a patient – even if the patient has not been touched.
   WHY? To protect yourself and the environment from harmful patient germs.