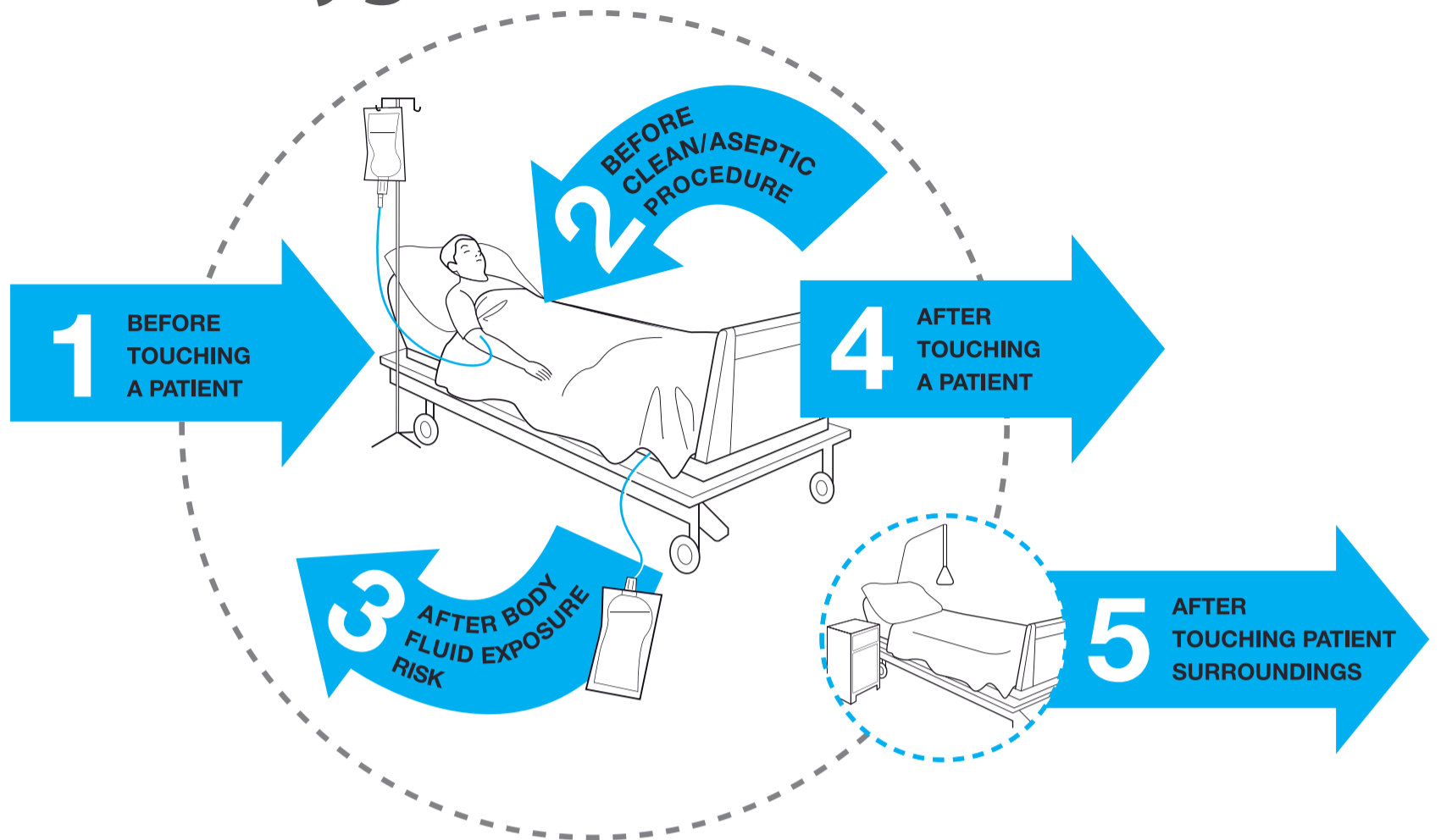


# Your **5** Moments for Hand Hygiene



## Hand Rub Procedure

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



**1**  
Apply a spray alcohol-based hand rub exposing nails and thumb, 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