Hand hygiene techniques

How to hand rub with alcohol-based hand sanitizer

1. Apply product to the palm of one hand, ensuring that all hand surfaces are covered.

2. Scrub your hands vigorously for at least 40-60 seconds.

3. When dry, your hands are clean!

4. Rinse hands with warm water.

How to hand wash with antibacterial soap and water

1. Wet hands with water.

2. Apply soap to both hands, ensuring that all hand surfaces are covered.

3. Dry hands thoroughly with a paper towel.

4. Use paper towel to turn off the faucet.