

HOW TO CARRY OUT A CORRECT AND THOROUGH HAND WASH AND DISINFECTION

Wash the hands for at least 15 seconds. Disinfect the hands for at least 30 seconds.



1:
Damp hands and wrists
with water and soap or with
2 ml hand disinfection.



2:
Palm against palm.



3:
Right palm above the left back
of the hand and left palm above
the right back of the hand.



4:
Palm against palm with
interlaced fingers.



5:
The back of the fingers against
the opposite palm with the fingers
gripping each other.



6:
Rotating wash of the right
thumb with left palm
and opposite.



7:
Rotating wash of right palm
with left hand fingers closed
and opposite.



8:
Rotating wash of both
wrists.