

HAND RUB FOR HEALTH CARE WORKERS



1

Apply a palmful of alcohol hand rub in a cupped hand, covering all surfaces



2

Dip fingernails of opposite hand into alcohol solution and rotate them in the solution



3

Pour solution into other hand, repeat dipping and rotational movement



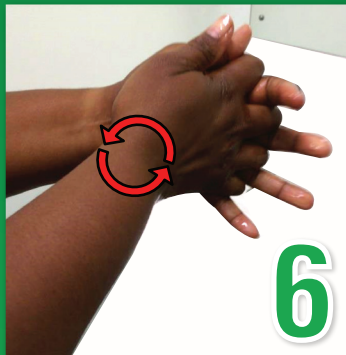
4

Rub hands palm to palm



5

Right palm over left dorsum with fingers interlaced and vice versa



6

Palm to palm with fingers interlaced



7

Backs of fingers to opposing palms with fingers interlocked, repeat with other hand



8

Rotational rubbing of thumb using palm of opposite hand



9

Once dry, your hands are safe

SECONDS SAVE LIVES
— CLEAN YOUR —
HANDS!

Achieving hand hygiene at the point of care.



KWAZULU-NATAL PROVINCE
HEALTH
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KwaZulu-Natal Department of Health



KZN Department of Health



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TOGETHER WE CAN BEAT THE CORONAVIRUS

**GROWING
KWAZULU-NATAL
TOGETHER**