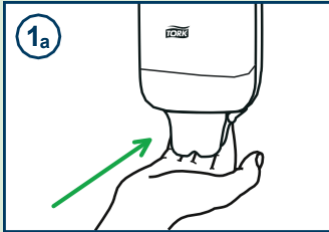
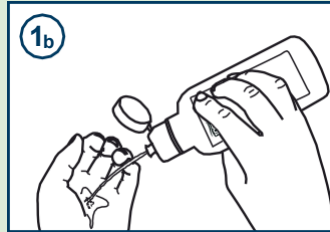


# Hand rub procedure

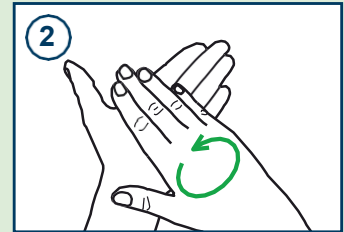
## Disinfect your hands



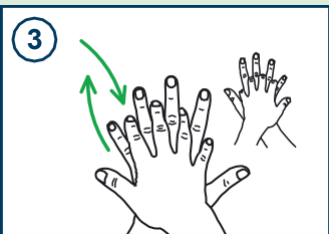
1a  
Dispense enough sanitizer to cover all the surfaces of both hands and wrists into the palm of your hand



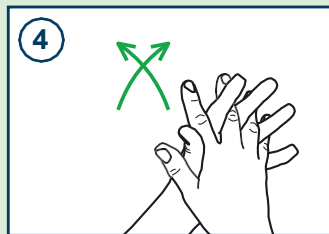
1b  
Dispense enough sanitizer to cover all the surfaces of both hands and wrists into the palm of your hand



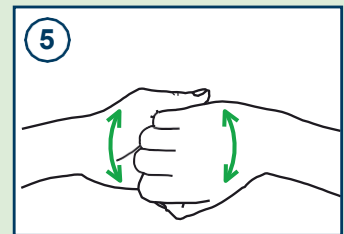
2  
Rub the palms together



3  
Rub the palms against the back of the opposite hand with fingers interlaced



4  
Rub the palms together with fingers interlaced



5  
Rub the backs of fingers against the opposing palm



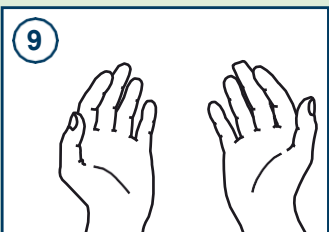
6  
Rub each thumb inside the opposite palm



7  
Using circular motions, rub the fingertips against the opposite palm



8  
Remember the wrists



9  
When dry, your hands are safe



20-30 sec