

## Preventing infections: Proper hand disinfection protects!

Keep your hands moist with the disinfectant for at least 30 seconds. Please observe the manufacturer's instructions.



- Pour disinfectant into dry hand.
- Rub palms together.



- Place left palm over back of right hand.
- Making circular movements.
- Repeat with the other hand.



- Lay palms over each other.
- Rub with spread and interlaced fingers.



- Hook your hands together.
- Loosen and tighten your grip several times.



- Rub both thumbs with circular movements.



- Circle with closed fingertips in the right palm.
- Repeat with the other hand.

