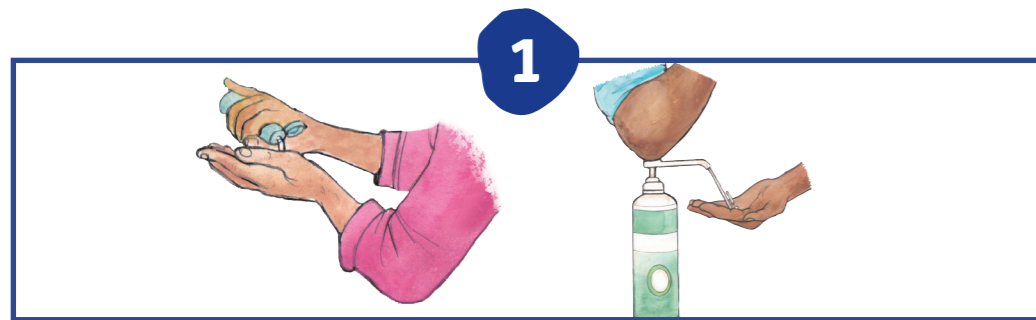


How to hand rub

- Use 70% alcohol-based hand rub (ABHR).
- If hands are visibly soiled, rather use soap and water.
- Keep nails short and clean. Avoid artificial nails as they prevent proper hand hygiene.

20
seconds

Clean your hands for at least 20 seconds following the steps below:



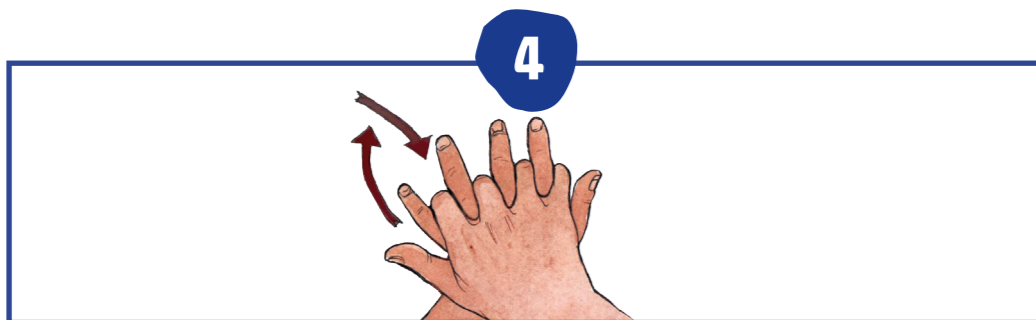
- Apply palmful of ABHR to cupped hand.
- Use elbow to dispense where able.



Rub tips of nails against palm. Swap hands.



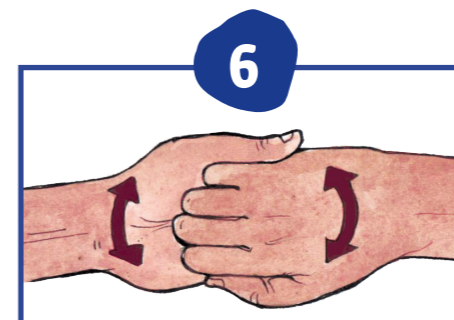
Rub palms together.



Place one hand over back of other, rub between fingers. Swap hands.



Grip fingers and rub together.



Rub fingers between one another.



Rub each thumb with opposite palm. Swap hands.

Once dry, your hands are safe.



Western Cape Government

FOR MORE INFORMATION:
www.westerncape.gov.za