

# How to disinfect hands?



Wash your hands and dry them thoroughly.



Place sufficient disinfectant in your palm (5 ml).



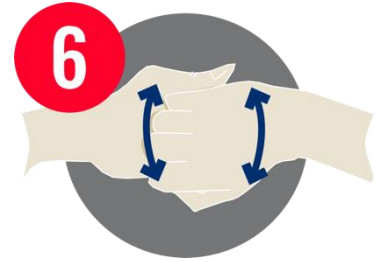
Rub hands together; palm to palm.



Right palm above left back of hand and left palm above right back of hand;



Rub back of each hand with palm and interlaced fingers of the other hand.



Outer side of fingers on opposite palms with crossed fingers.



Rub circularly around each thumb clasped in the opposite hand.



Rub circularly fingertips of each hand backward and forward in the opposite hand.



Keep rubbing until your hands are dry. Paper towels are not needed.