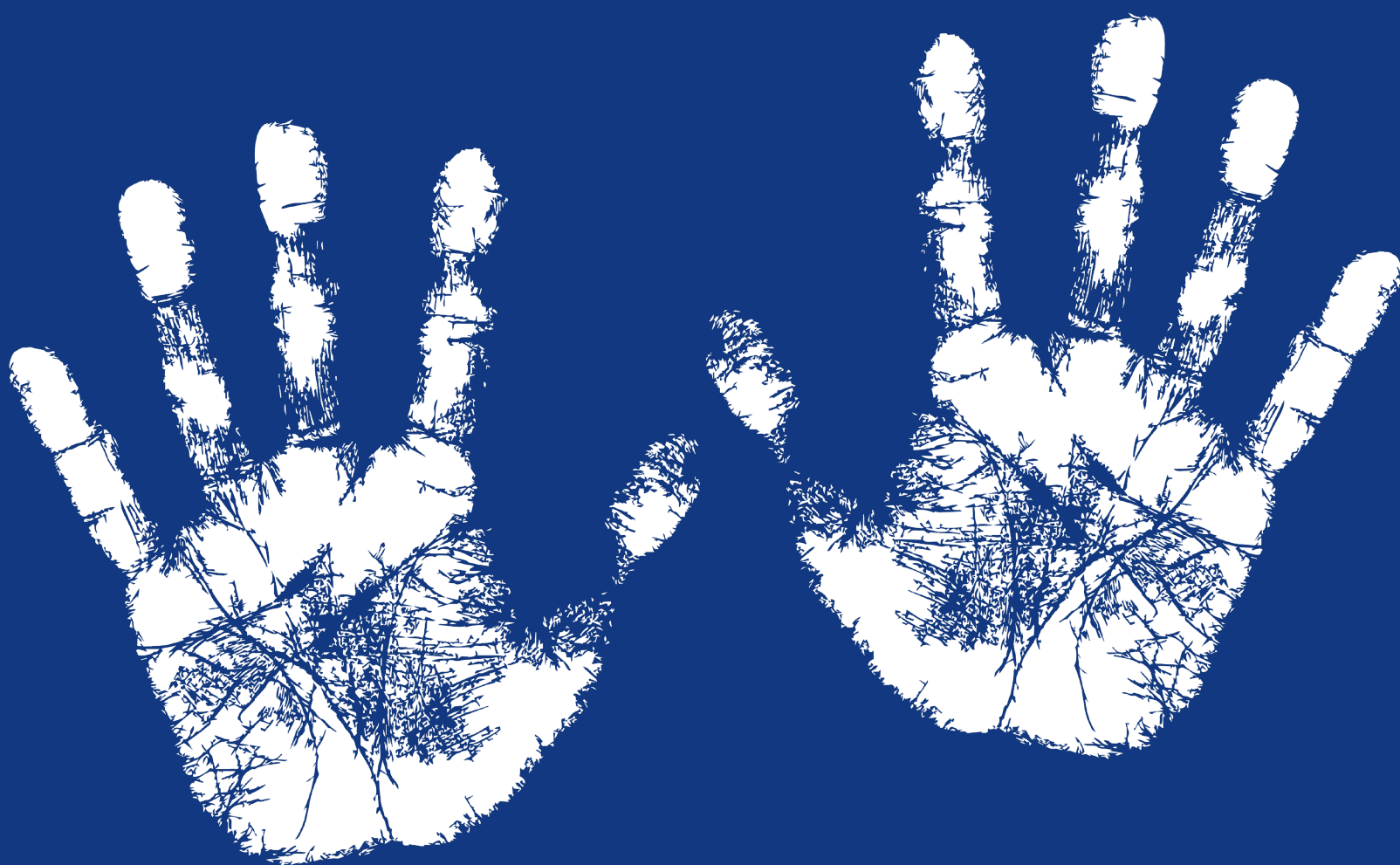# Have you washed your hands?

Clean your hands thoroughly for at least 20 seconds with soap and water, or an alcohol-based hand rub to protect yourself from viruses.

NSW GOVERNMENT

Find the facts
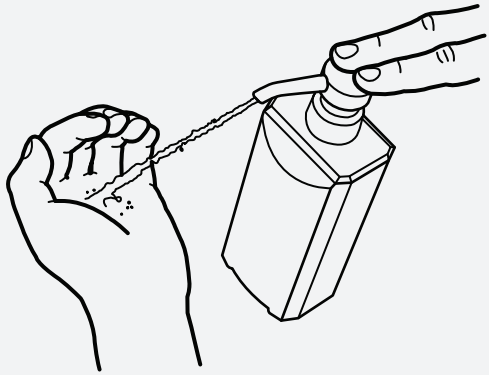**health.nsw.gov.au/coronavirus**

How to Hand**rub?**

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a

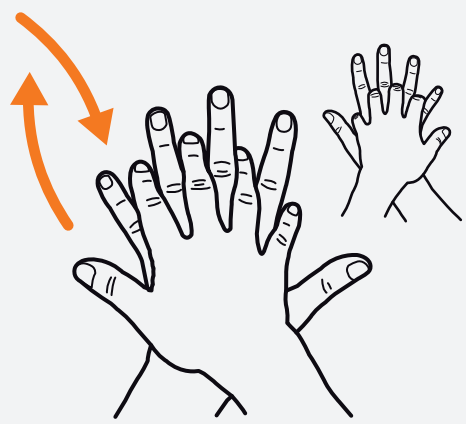Apply a palmful of the product in a cupped hand, covering all surfaces;
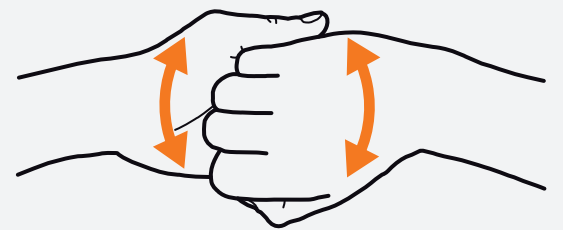
1b

2

Rub hands palm to palm;

3

Right palm over left dorsum with interlaced fingers and vice versa;
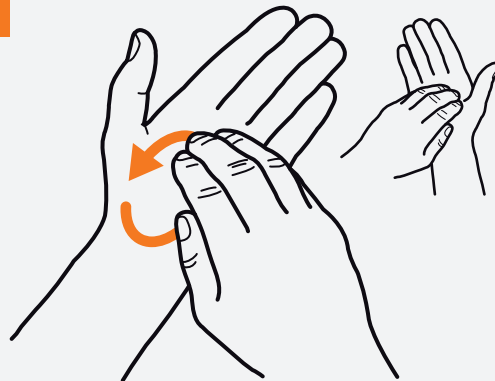
4

Palm to palm with fingers interlaced;

5

Backs of fingers to opposing palms with fingers interlocked;
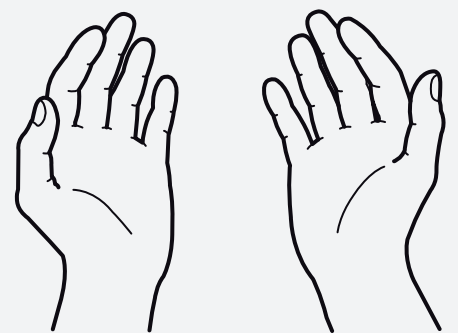
6

Rotational rubbing of left thumb clasped in right palm and vice versa;

7

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8

Once dry, your hands are safe.

NSW GOVERNMENT

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean **Your** Hands

May 2009

Practise simple hygiene by washing hands regularly

1 Wet hands

2 Apply soap

3 Lather & scrub

4 Rinse hands

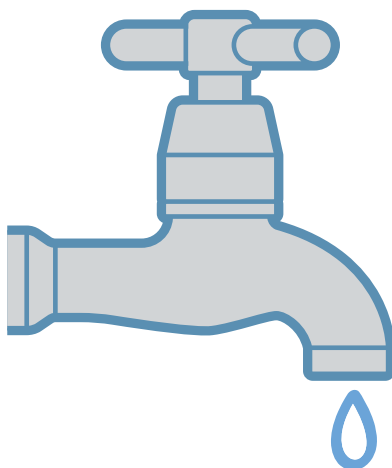**5 Turn off tap**

6 Dry hands

Spend 20 seconds washing your hands.