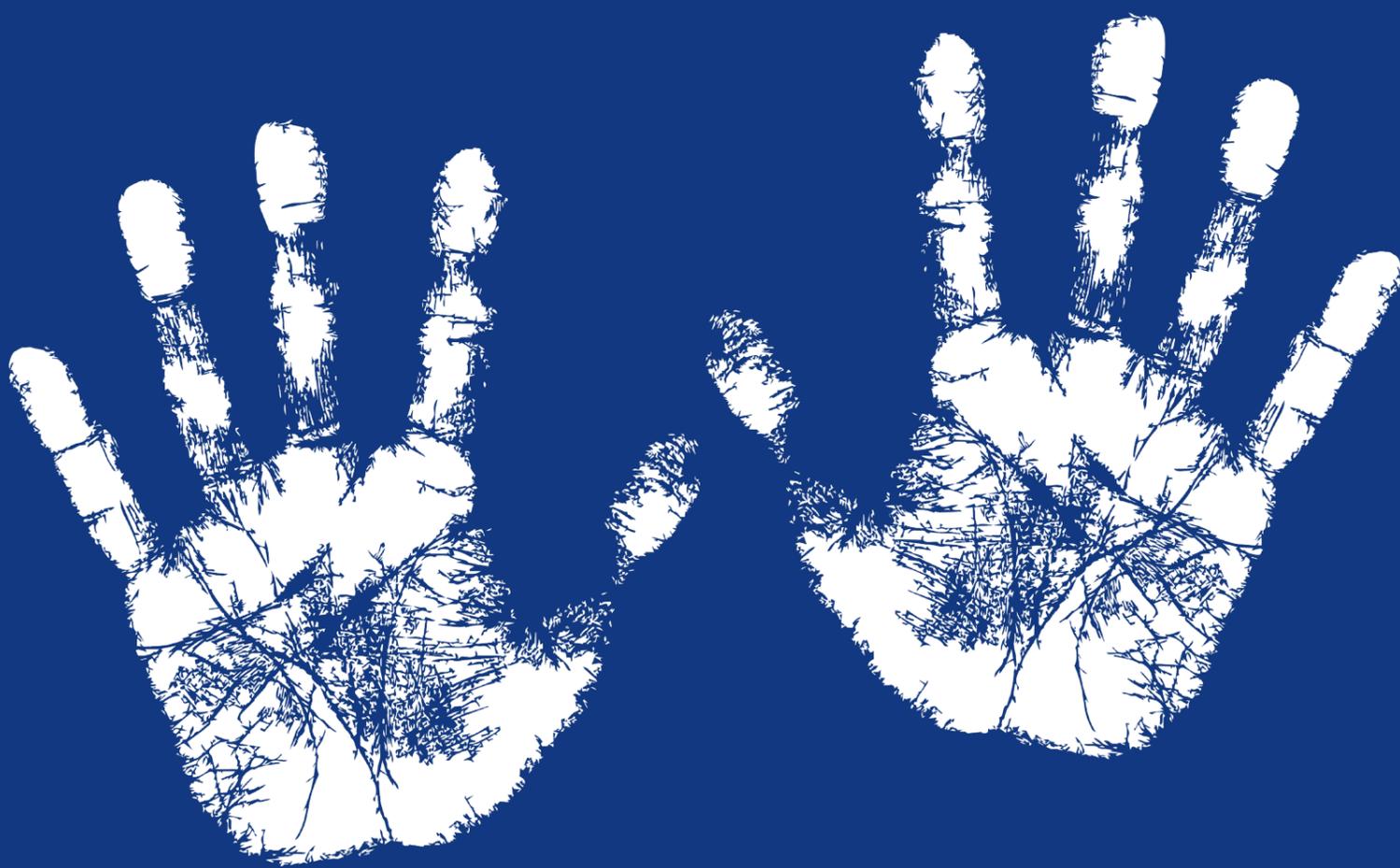


# Have you washed your hands?



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

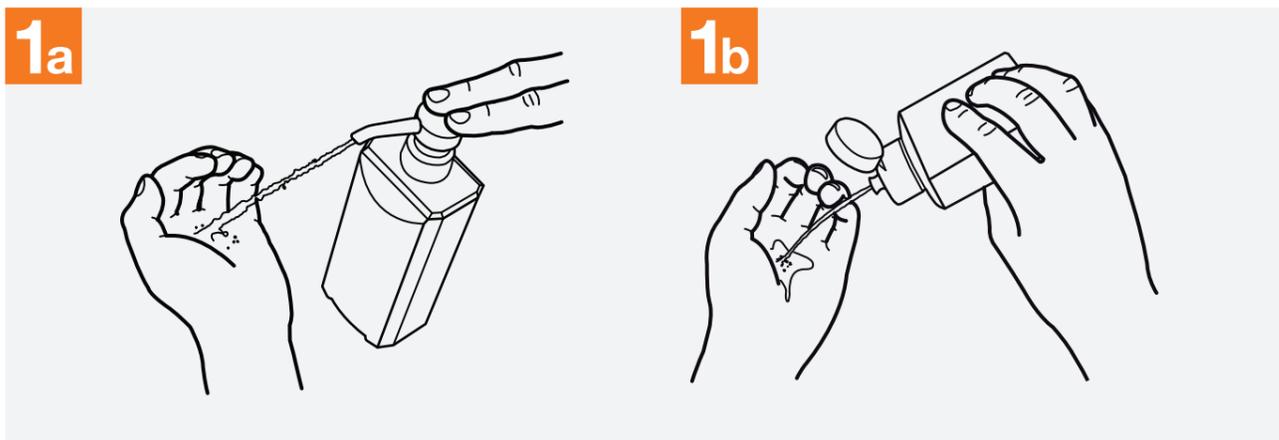


Find the facts  
[health.nsw.gov.au/coronavirus](https://health.nsw.gov.au/coronavirus)

# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

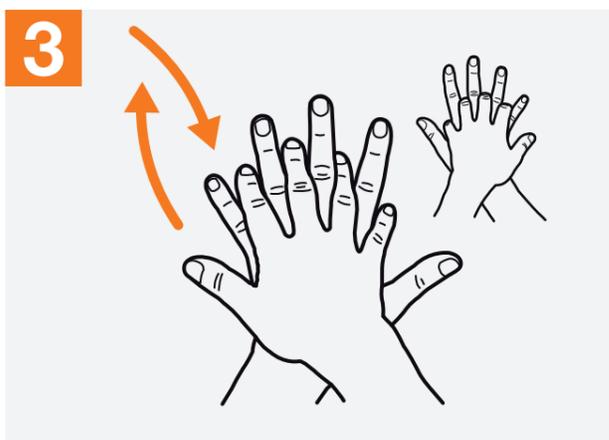
 **Duration of the entire procedure: 20-30 seconds**



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



Rub hands palm to palm;



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



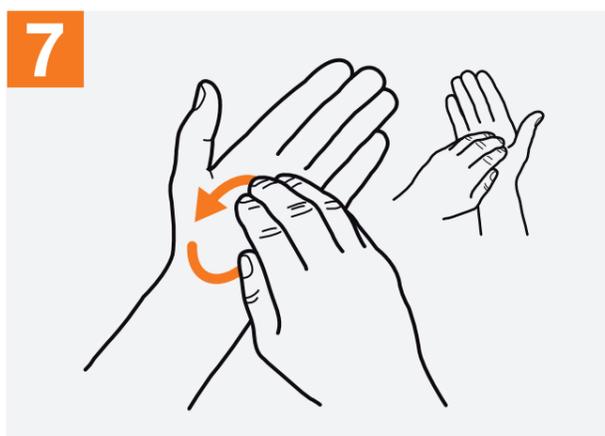
Palm to palm with fingers interlaced;



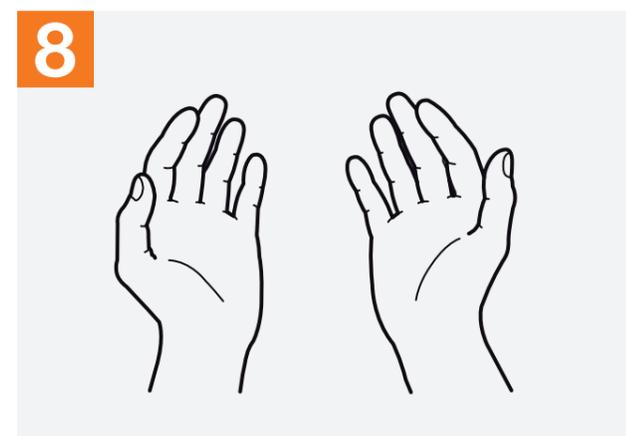
Backs of fingers to opposing palms with fingers interlocked;



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



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



Once dry, your hands are safe.



**Patient Safety**

A World Alliance for Safer Health Care

**SAVE LIVES**  
Clean Your Hands

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# Practise simple hygiene by washing hands regularly



**1** Wet hands



**2** Apply soap



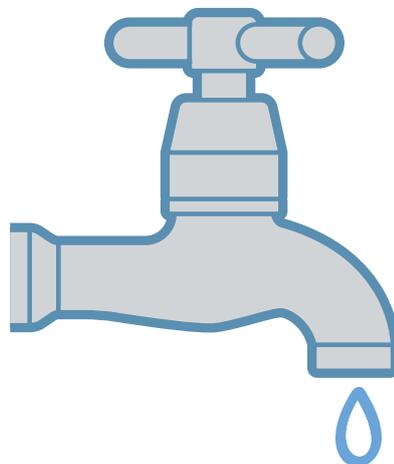
**3** Lather & scrub



**4** Rinse hands



**5** Turn off tap



**6** Dry hands



**Spend 20 seconds washing your hands.**