

# Hand Disinfection

Perform **30 seconds** after the listed steps

## Step 1

Rub palm on palm, additionally rub the wrists.



ca. 5 seconds



## Step 2

Run right palm over the back of the left hand - and vice versa.



ca. 5 seconds



## Step 3

Rub palm on palm with interlaced, spread fingers.



ca. 5 seconds

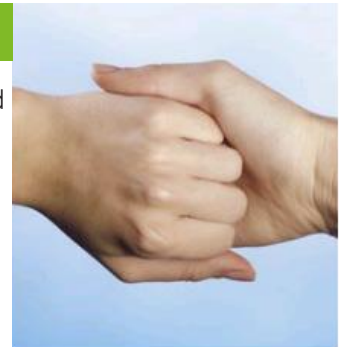


## Step 4

Rub the backs of the interlocked fingers on the opposing palms.



ca. 5 seconds



## Step 5

Rub the right thumb in the closed palm of the left hand using a circular motion – and vice versa.



ca. 5 seconds



## Step 6

Rub the closed fingertips of the right hand on the left palm using a circular motion – and vice versa.



ca. 5 seconds



Make sure that your hands remain wet during the whole **application time**.  
If necessary, apply hand disinfectant again.