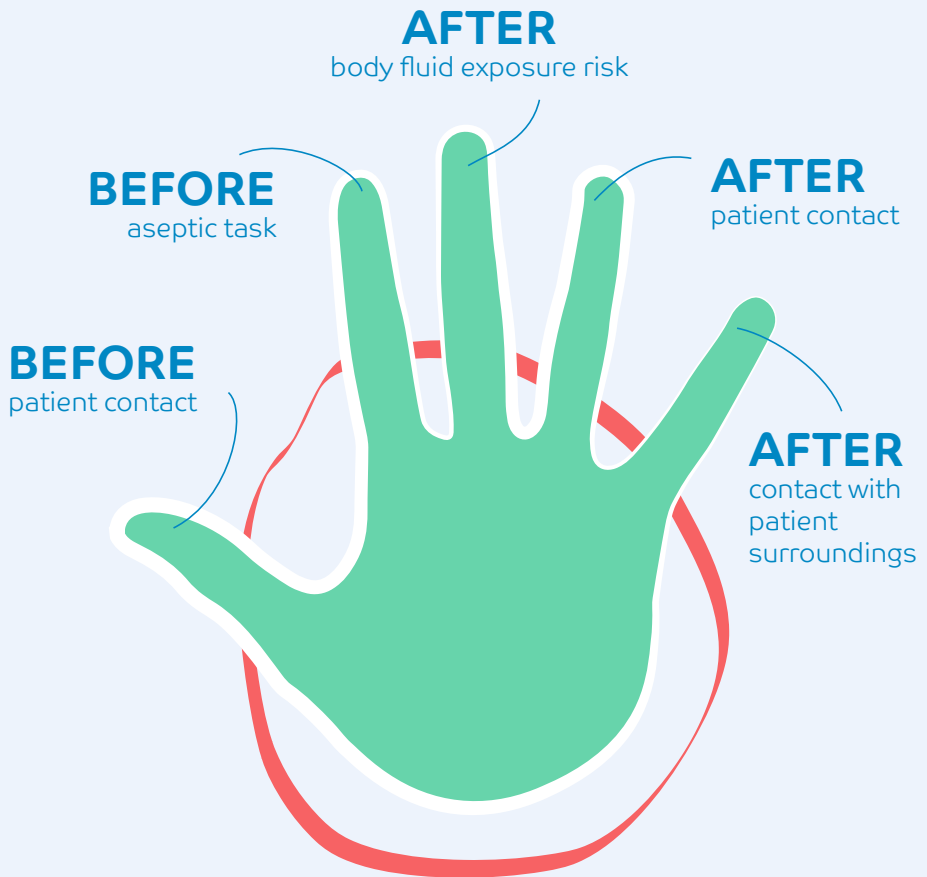


The 5 moments of hand disinfection



Please ensure that **hand rub dispensers at the Point of Care are always within your reach.**

The 6 steps of hygienic hand disinfection

1.

Rub both palms together. When necessary, include the wrists

**2.**

Place right palm over the back of your left hand – then switch hands

**3.**

Rub palm-to-palm with interlaced, spread fingers

**4.**

Rub the back of the interlocked fingers on the opposing palms

**5.**

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

**6.**

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

