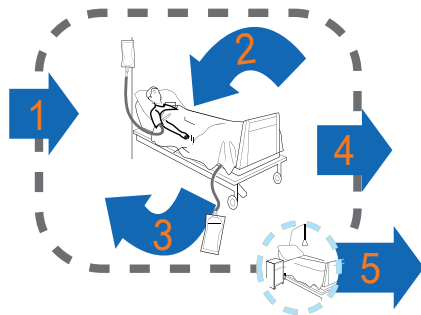
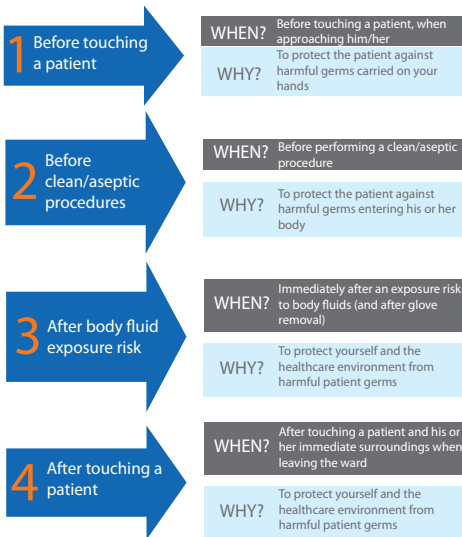


The 5 Moments

for hand hygiene



How to wash your hands

(Duration of the entire procedure: 40-60 seconds)



Wet hands with water and apply enough liquid soap to cover all hand surfaces.



Rub fingers well, including the areas between the fingers.



Rub the area of the nails well and rinse with water.



Dry hands thoroughly with a single-use towel and use the towel to turn off the faucet. Discard the towel in the waste bin.



How to apply antiseptic on your hands

(Duration of the entire procedure: 20-30 seconds)



Apply antiseptic in a cupped hand, covering all surfaces.



Rub fingers well, including the areas between the fingers.



Rub the area of the nails well until the antiseptic dries off.

