



Clean
Hygienic
Sustainable

SCHOON
MAKEND
NEDER
LAND

Hand disinfection - This is how to do it!



1. Make sure the hands are visibly clean



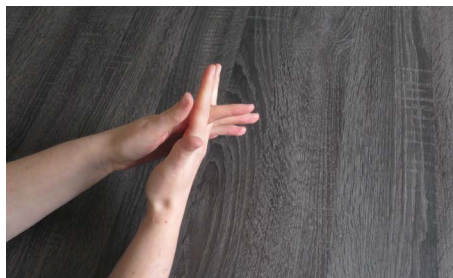
2. Apply enough hand disinfectant to keep the hands and wrists moist for at least 30 seconds*



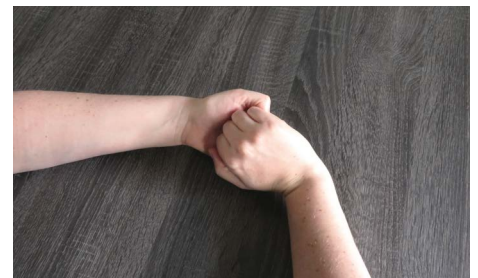
3. Rub palms together



4. Fingers together and rub back of hand and between fingers for both hands



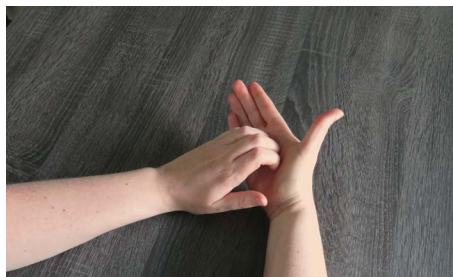
5. Rub between fingers with palms facing each other



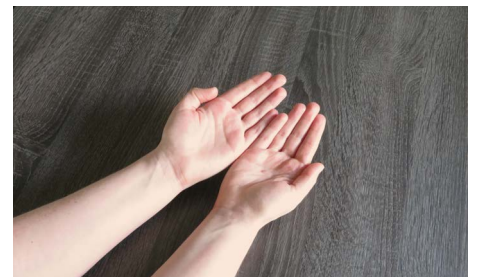
6. Interlock fingers and move hands in a circle



7. Rub left and right thumb with a rotating movement



8. Rub fingertips of both hands by rotating them in the palm of your hand



9. Allow hands to dry in the air. Do not use a towel or rinse!

Hand disinfection points of attention:

- Disinfect only when necessary, e.g. if it is prescribed in a hygiene protocol or if there is no water, electricity or other protocol or if no water, hand soap and a washbasin are not available;
- Make sure your hands are visibly clean;
- **Use an authorised hand disinfectant. Please refer to www.ctgb.nl;**
- Read and follow the label.



Prefer a video?
Scan this QR code!

* The minimum time depends on the hand disinfectant. Read and follow the label!