

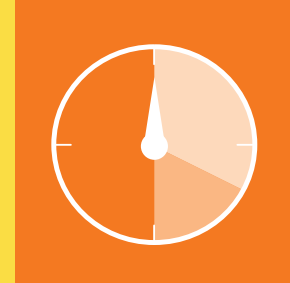
# COVID-19



Indian Dental Association  
Kerala State Branch

## How to Handrub?

RUB HANDS FOR HAND HYGIENE!  
WASH HANDS WHEN VISIBLY SOILED



Duration of the  
entire procedure:  
20-30 seconds

1a

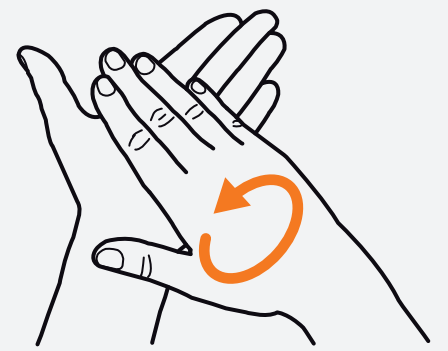


1b



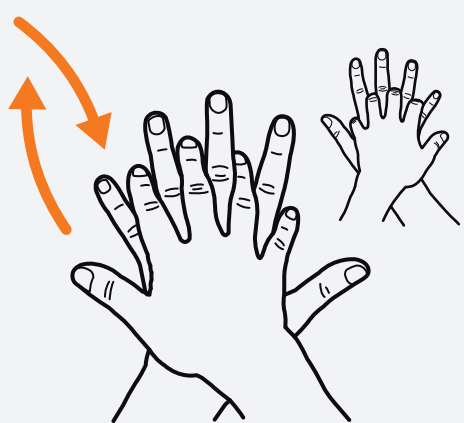
Apply a palmful of the product in a cupped hand, covering all surfaces;

2



Rub hands palm to palm;

3



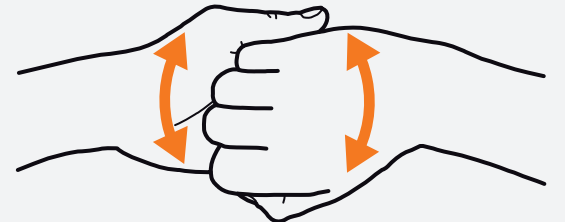
Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



Backs of fingers to opposing palms with fingers interlocked;

6



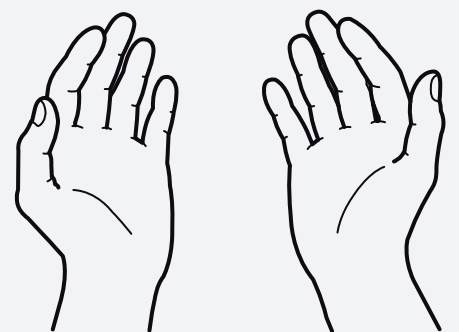
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Once dry, your hands are safe.