Best Practice: How to handrub step by step images

1. Apply a palm of the product in a cupped hand and cover all surfaces.

2. Rub hands palm to palm.

3. Right palm over the back of the other hand 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.

Adapted from the World Health Organization/Health Protection Scotland
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