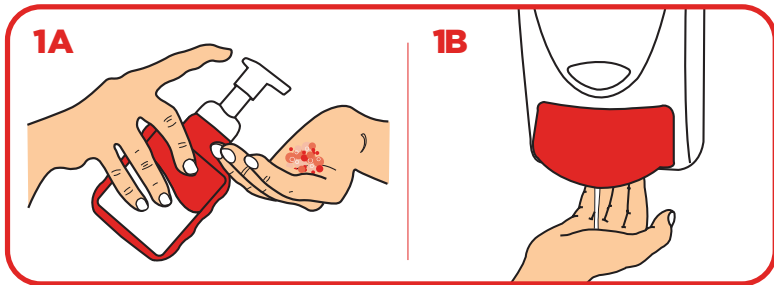


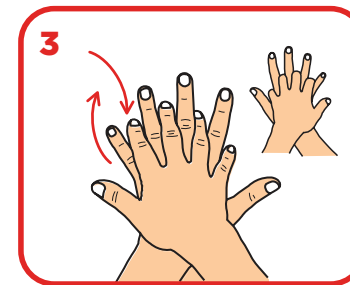
# HAND HYGIENE TECHNIQUE WITH OPTIDOSE ANTISEPTIC HANDRUB



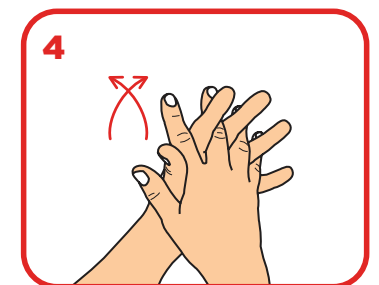
**1A** Gently press once fully to apply product in to cupped hands, covering all surfaces



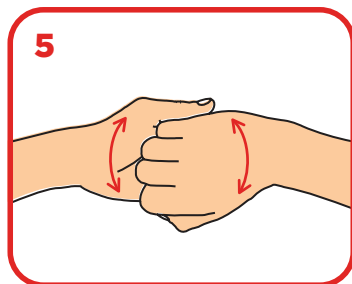
**2** Rub hands palm to palm



**3** Rub backs of hands with fingers interlaced



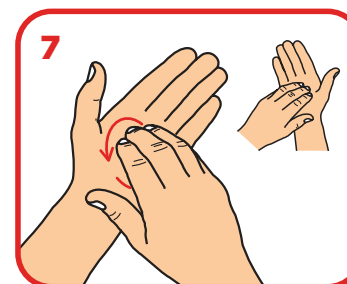
**4** Rub palm to palm with fingers interlaced



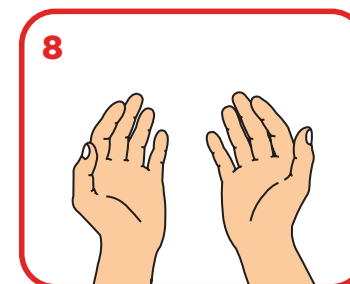
**5** Work around fingers and nails



**6** Rotational rubbing around thumbs



**7** Scrub finger tips on palm



**8** Allow to dry

Duration of the entire procedure: **at least 30 seconds**

Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care 2009