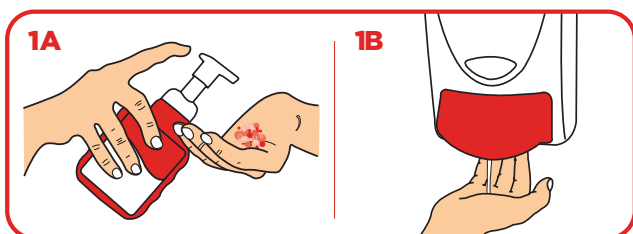


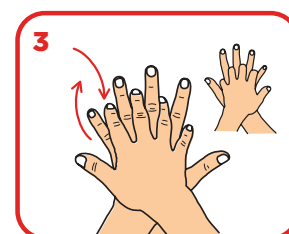
HAND HYGIENE TECHNIQUE WITH OPTIDOSE ANTISEPTIC HANDRUB



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



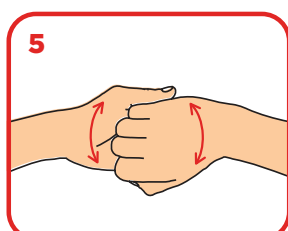
2 Rub hands palm to palm



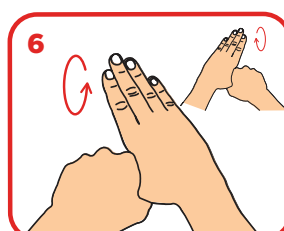
3 Rub backs of hands with fingers interlaced



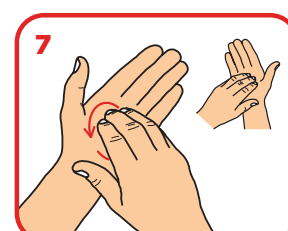
4 Rub palm to palm with fingers interlaced



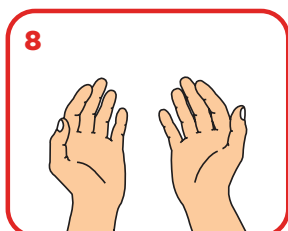
5 Work around fingers and nails



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**