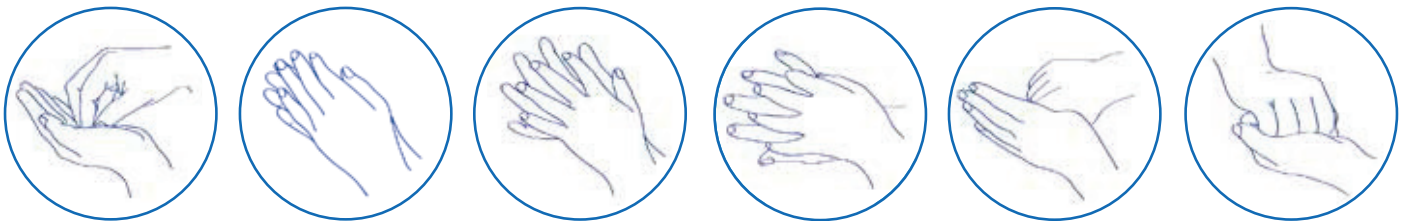


# Washing and disinfection of hands

Spread the washing liquid onto wet hands and wash carefully under the running water, rinse hands and dry with a paper towel. Using paper, turn the water off.

Spread 3-5 ml hand rinse onto dry hands and rub the hand rinse carefully onto hands 30 sek or until they are dry.



- 1 Rub fingertips against the palm of the other hand.
- 2 Rub palms against each other.
- 3 Massage between the fingers on the back of each hand.
- 4 Rub both thumbs separately.
- 5 Rub fingers hooked against each other.