

HAND HYGIENE

HAND WASHING



1. Wet your hands with water



2. Pour soap in your palm



3. Scrub your hands for 15 to 20 seconds



4. Interlace your hands to clean the area between your fingers



5. Insist on finger tips & nails on each hand



6. Clean the palms & the back of your hands



7. Don't forget the thumbs



8. Finish with your wrists



9. Rinse your hands under water



10. Dry your hands with disposable paper towel whenever it is possible



11. Turn off the tap with paper towel before disposing in the trash can

HAND SANITIZING



1. Pour gel or solution in your palm



2. Scrub generously palm against palm



3. Scrub the back of your hands



4. Scrub between your fingers



5. Scrub the back of your fingers against the palm of your other hand



6. Don't forget the thumbs



7. Insist on your fingertips & nails on each hand



8. Finish with your wrists



9. Scrub until your hands are completely dry don't rinse, don't dry

➔ video tutorial available at coronavirus.unicaen.fr

Hand hygiene must become a regular routine:

- before you enter a work place
- after using the toilets
- before eating
- after blowing your nose
- after coughing or sneezing
- after handling objects which might have been contaminated during breaks