

Novel Coronavirus  
Disease  
**COVID-19**

# How to handrub?

**RUB HANDS FOR HAND HYGIENE!  
WASH HANDS WHEN VISIBLY SOILED**

 Duration of the entire procedure:  
20-30 seconds

1a



Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



2



Rub hands palm to palm;

3



Right palm over left dorsum 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.

Issue under Public Safety Initiative by

**Indian Dental Association**

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