

# How to hand rub

- Use 70% alcohol-based hand rub (ABHR).
- If hands are visibly soiled, rather use soap and water.
- Keep nails short and clean. Avoid artificial nails as they do not allow for adequate cleaning/disinfection.

**20**  
seconds

**Clean your hands for at least 20 seconds using steps below:**



- Apply palmful of ABHR to cupped hand.
- Use elbow to dispense where able.



Rub tips of nails against palm. Swap hands.



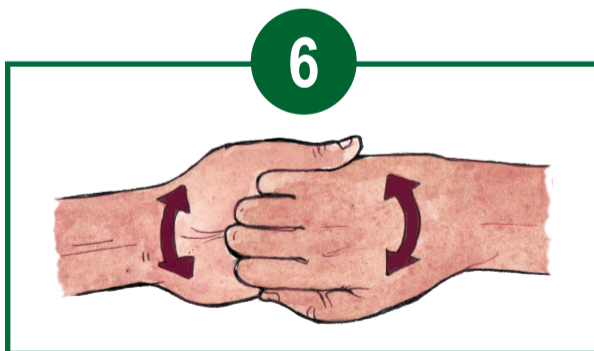
Rub palms together.



Place one hand over back of other, rub between fingers. Swap hands.



Rub fingers between each other.



Grip fingers and rub together.



Rub each thumb with opposite palm. Swap hands.

**Once dry, your hands are safe.**



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

Source: NDoH. *Practical manual for implementation of the National Infection Prevention and Control Strategic Framework. 2020*

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Pires, D., Bellissimo-Rodrigues, F., Soule, H., Gayet-Ageron, A., & Pittet, D. (2017). Revisiting the WHO "How to Handrub" Hand Hygiene Technique: Fingertips First? *Infection Control & Hospital Epidemiology*, 38(2), 230-233. doi:10.1017/ice.2016.241

