

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

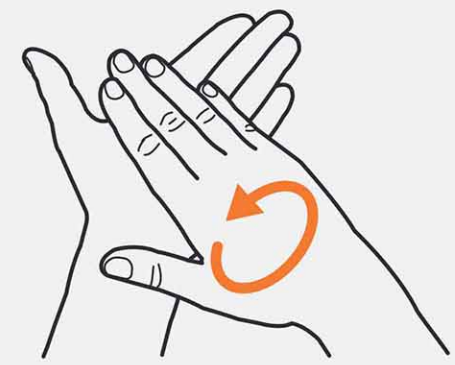


Apply a palmful of the product in a cupped hand, covering all surfaces;

1b

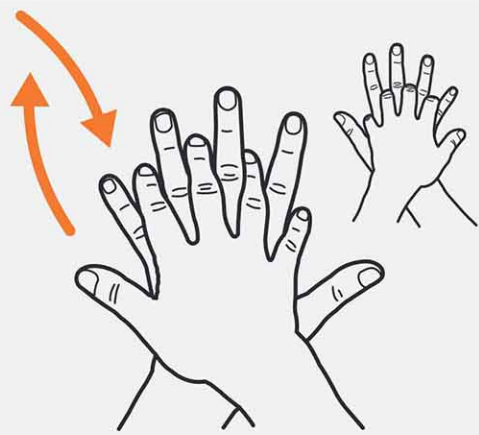


2



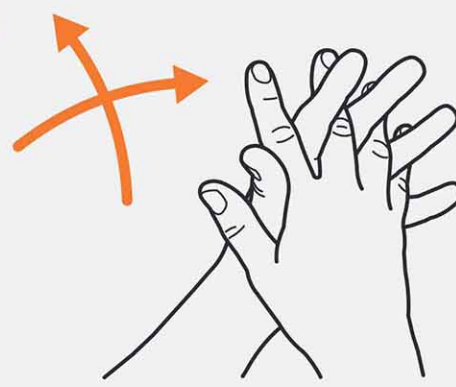
Rub hands palm to palm;

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



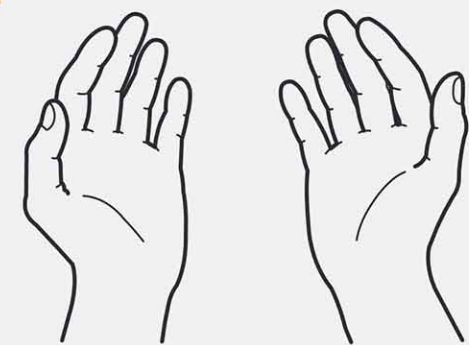
Rotational rubbing of left thumb
clasped in right palm and vice versa;

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.

**Stay
protected!**

**Stay safe from
Coronavirus!**



Contact Ministry of Health and Family Welfare Helpline:
+91-11-23978046 & 1075