

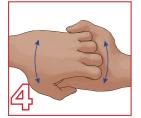
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub hands with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



The **WHO 5 moments of hand hygiene** helps to protect your patients, yourself and the healthcare environment from harmful germs and viruses.

