How to handrub?
WITH ALCOHOL-BASED FORMULATION

1a. Apply a palmful of the product in a cupped hand and cover all surfaces.
1b. Rub hands palm to palm
2. Backs of fingers to opposing palms with fingers interlocked
3. Right palm over left dorsum with interlaced fingers and vice versa
4. Palm to palm with fingers interlaced
5. Rotational rubbing of left thumb clasped in right palm and vice versa
6. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

20-30 sec

...once dry, your hands are safe.

How to handwash?
WITH SOAP AND WATER

0. Wet hands with water
1. Apply enough soap to cover all hand surfaces.
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. Rotational rubbing of left thumb clasped in right palm and vice versa
6. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa
7. Rinsing hands with water
8. Dry thoroughly with a single use towel
9. Use towel to turn off faucet
10. ...and your hands are safe.