

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

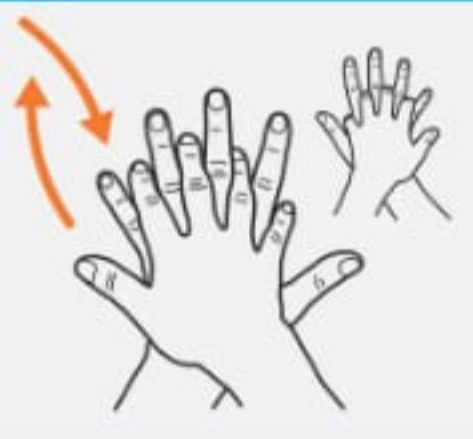


2



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**