

Protection with a flick of the wrist:

## How to properly disinfect your hands

1



**Pour the disinfectant (approx. 3 ml) into your cupped hand.** Caution: Your hands need to be dry, otherwise you will dilute the disinfectant and impair its effect.

2



**Palm to back of hand:** rub the damp palm of your hand over the back of the other hand five times – also go between the fingers.

3



**Palm to palm:** rub the damp palms against each other five times – with interlaced fingers.

4



**Hook hands:** rub the outside of your fingers into the palm of the opposite hand.

5



**Time for the thumb:** grasp it firmly with the other hand and rub it.

6



**Finally, the fingertips:** put your fingertips together and rub them in the palm of the other hand in circles.