

مراحل ضد عفونی دست



STEP 1
Rub palms together.



STEP 2
Rub the back of both hands.



STEP 3
Interlace fingers and rub hands together.



STEP 4
Interlock fingers and rub the back of fingers of both hands



STEP 5
Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.



STEP 6
Rub fingertips on palm for both hands.



STEP 7
Rub both wrists in a rotating manner. Rinse and dry thoroughly.

Hand Washing Technique