



Ministry of Health and Family Welfare
(Government of India)



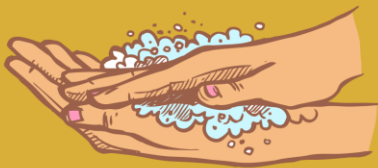
Practise Hand Hygiene to prevent infection

1



Wet hands with water

3



Rub palm to palm

5



Palm to palm with
fingers interlaced

7



Focus on wrists

2



Apply enough soap to cover
all hand surfaces

4



Rotational rubbing of left thumb
clapsed in right palm & vice versa

6



Back of HANDS

8



Rinse with water and
your hands are safe

STEPS TO WASH YOUR HANDS

Contribute in reducing the misuse of Antibiotics