

تعقيم اليدين

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED



Duration of the entire procedure: 20-30 seconds

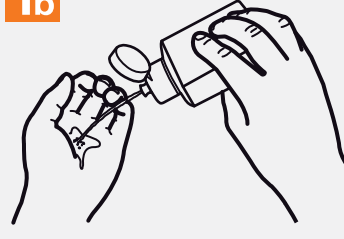
1a



ضع كمية قليلة من معقم اليدين على باطن اليد بطريقه مقعده

Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



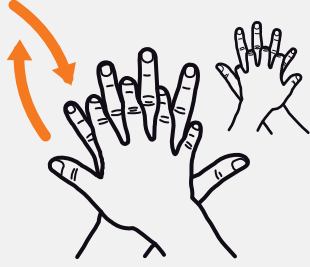
2



فرك باطن اليدين

Rub hands palm to palm;

3



باطن اليد اليمنى على ظاهر اليد اليسرى و العكس
Right palm over left dorsum with interlaced fingers and vice versa;

4



باطن اليد اليمنى على باطن اليد اليسرى مع تداخل الأصابع
Palm to palm with fingers interlaced;

5



ظاهر الأصابع بباطن اليد المعاكسة
Backs of fingers to opposing palms with fingers interlocked;

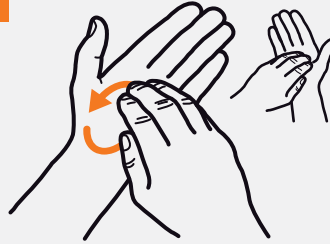
6



الدعك الدائري للابهام

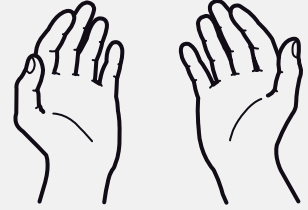
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



الدعك الدائري لباطن اليد بواسطة أطراف الأصابع
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



انتظر الى ان يجف المعقم

Once dry, your hands are safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

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