

THE CORRECT WAY TO USE AN ALCOHOL-BASED HAND SANITIZER



1



Apply enough alcohol hand sanitizer to cover the palm

2



Rub hands palm to palm

3



Rub the palm of the right-hand against the back of your left-hand with fingers interlaced and vice versa

4



Rub hands palm to palm with fingers interlaced

5



Rub the back of your fingers against the palm of the other hand with fingers interlocked

6



Rub the left thumb in a rotational movement against the palm of the right-hand and vice versa

7



Rub the fingers of the right-hand in a rotational movement against the palm of the left-hand and vice versa

8



Leave your hands to dry

PLEASE NOTE:

Use alcohol-based hand sanitizer with at least 60 % alcohol

20
seconds

The ideal hand sanitization technique should last for at least 20 seconds

For more info. on Coronavirus Disease 2019 (COVID-19) visit www.moph.gov.qa or call 16000

