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## Hand disinfection

- Hand disinfection is very important
- We must respect it towards ourselves but also towards other people

## **Hand** washing procedure

-Hand hygiene procedure recommended by the <u>World Health Organization</u>. The total time of hand washing takes 40-60 seconds.

Start (0) - Wet your hands with water

First step (1) - Apply soap to cover the entire surface of your hands

Second step (2) - Rub palm to palm in a circular motion

Third step (3) - Rub your right palm against the back of your left hand and your fingers will rub together

The fourth step (4) - Rub your palm against your palm and your fingers will still touch

The fifth step (5) - Rub the backs of your fingers against the other palm with closed

Sixth step (6) - Rub your left thumb in a circular motion in the clenched right palm

Seventh step – Rub the clenched fingers of your right hand

## Postup při mytí rukou Postup při mytí rukou Postup Při hydieně rukou doponučený světovou zdravotnickou organizací Doba trvání celé procedury: 40 - 60 vteřin I postup při hydiená postupi procedury: 40 - 60 vteřin Aplikujte dostatek mýdla na pokryti celého povrthu rukou. Aplikujte dostatek mýdla na pokryti riete slavine povrthu rukou. Třete pravou dlaní o levý hřbet ruky te takkenutými prity a kložný. Třete dlaní o dlaň se zakkenutými prity. Třete kříte typ svět dostatek prity. Třete dlaní o dlaň se zakkenutými prity. Třete pravou dlaní o levý hřbet ruky te takkenutými prity. Třete pravou dlaní o levý hřbet ruky te skrédně pravé dlaní a naojak. Obosomiřnými kroditými pohyby třete skrédně pravé ruky o levou dlaní a naojak. Třete dlaní a naojak.

against your left palm in a two-way circular motion
The eighth step (8) – Rinse your hands with water
Ninth step (9) – Dry your hands thoroughly with a disposable towel
Tenth step (10) – Use a towel to stop the faucet
Eleventh step (11) – Now your hands are clean

## **Disinfectant preparation for rapid hand disinfection**



