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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 [World Health Organization](#). 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 HYGIENĚ RUKOU DOPORUČENÝ SVĚTOVOU ZDRAVOTNICKOU ORGANIZACÍ

🕒 Doba trvání celé procedury: 40 - 60 vteřin



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](#)

