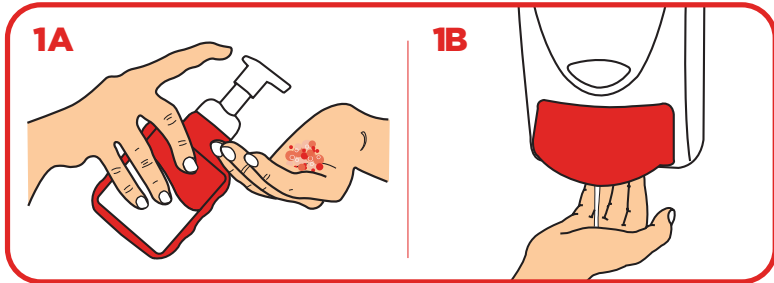


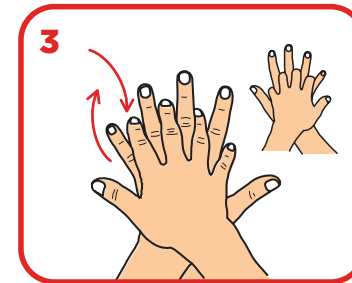
# HAND HYGIENE TECHNIQUE WITH ALCOHOL BASED HANDRUB



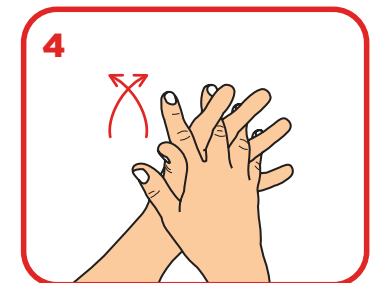
**1A** Apply a palmful of the product in a cupped hand, covering all surfaces  
Hoatu he nikau o te hua ki roto i te ringa kapu, kia kapi katoa nga mata



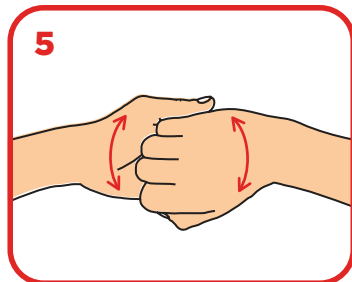
**2** Rub hands palm to palm  
Miria nga ringaringa ki te nikau



**3** Rub backs of hands with fingers interlaced  
Miria nga tuara o nga ringaringa me nga maihao kua tuituia



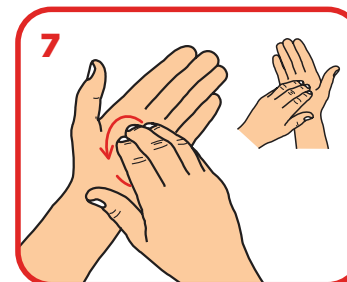
**4** Rub palm to palm with fingers interlaced  
Miria te nikau ki te nikau me te hono mai o nga maihao



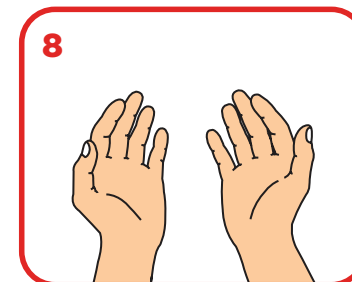
**5** Work around fingers and nails  
Mahi huri noa i nga maihao me nga whao



**6** Rotational rubbing around thumbs  
Te mirimiri huri noa i nga koromatua



**7** Scrub finger tips on palm  
Horoihia nga tohu maihao ki te nikau



**8** Allow to dry  
Tukua kia maroke

Duration of the entire procedure:  
**at least 30 seconds**

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Te roanga o te katoa tukanga: **iti rawa 30 hekona**

Duration for aseptic procedures: **60 seconds**  
Te roanga mo nga mahi aseptic: **60 hekona**

**Adapted from World Health Organisation Guidelines on Hand Hygiene in Health Care 2009**