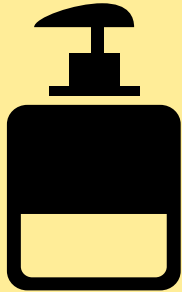
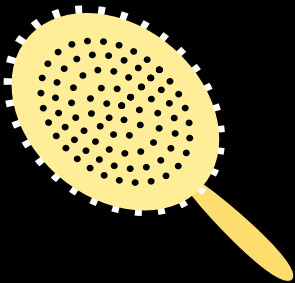


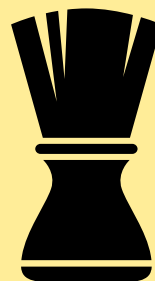
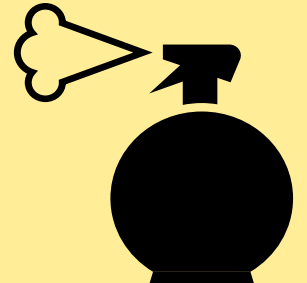
PREVENTIVE GUIDELINES FOR



BEAUTY &



WELLNESS



This document highlights various key health safeguards to keep in mind when resuming Salon and Spa operations in the light of COVID-19 pandemic.

OVERALL CLEANLINESS & HYGIENE

- Implement a regular cleaning regime (after every few hours) for frequently touched surfaces, which are most likely to cause transmission of communicable diseases. It is recommended to clean surfaces with 1% sodium hypochlorite or phenolic disinfectants. Some of frequently touched surfaces include:

GENERAL

- Light and other power switches
- Chairs, tables, and benches
- Trolleys, chair handles, taps, faucets
- Tea/coffee dispensing machines, bottles, mirrors & electrical equipment

POINT OF SALE (POS) / CHECKOUT AREAS

- Cash registers, including touch screens, keyboards and other computer peripherals such as mice and scanning guns
- PIN Pads (touch screens, keypads, and pens)
- Cabinet pulls
- Card swipe machines
- Pins and bands used to bind cash and bills and other paper

RESTROOMS

- Door handles and flush levers
 - Toilet bowls and toilet paper holders
 - Sinks and faucets
 - Paper towel holders and air dryers
-
- Clean the reception area, pantry, clientele service rooms and changing rooms with Chloroxylenol (4.5-5.5%) / Benzalkonium Chloride or any other disinfectants, twice or thrice every day
 - Use vacuum cleaners to remove dust particles
 - Place sanitising hand rub dispensers at prominent places (e.g. store entrances and billing counter) for customers and employees and ensure that they are regularly refilled
 - Ensure cleaning 'kits' including disinfectant wipes or sprays, disposable gloves, paper towels, masks, hand sanitizers and other cleaning supplies are readily accessible. Ensure these too are cleaned periodically.
 - Install no-touch trash bins at various work stations/locations inside the outlet
 - Soak used non-disposable linen /gowns in bleach solution and ensure they are washed with detergent and rinsed in hot water, and then to be sun-dried properly. If these items are sent to laundry then explain this protocol to the laundry vendors.

Clean and disinfect following fixtures daily using disinfectant wipes or sprays:

- Clean and disinfect following fixtures daily using disinfectant wipes or sprays:
- Stylist chairs at hair stations
- Chairs at shampoo stations
- Manicure chairs
- Pedicure throne
- Sinks and shampoo bowls, including faucet handles, spray handles, inside of bowls, outside surfaces. Hair must be removed from shampoo bowls immediately after each shampoo service.
- Rolling carts
- Work trays
- Nail tables
- Facial chairs or beds
- Waxing chairs or beds
- Other containers used to hold tools and implements during a hair, skin, waxing, nail, pedicure, or other service
- Towel warmers. Additionally:
 - Towels must be washed with detergent and bleach, then dried with a hot dryer
 - Practitioners preparing towels for the warmers must wash their hands or wear gloves
 - Wet towels used in services must be prepared fresh each day. At the end of the day, unused steamed towels must be removed and laundered.

OVERALL CLEANLINESS & HYGIENE

- Place signage at prominent locations throughout the store, particularly nearby entrances and exits, checkouts, etc. Message on the signage may include:
 - Asking customers and employees not to enter the store if they are sick or have felt sick within the last 72 hours
 - Floor markers located six feet apart any place where customers are likely to queue (Billing counter)
 - Advising customers on safety precautions been taken while providing service
- Consider programming in-store audio messaging to frequently remind employees and customers to follow guidelines on hygiene and physical distancing
- Ensure that store personnel are updated for Government advisory issued from time to time and that they comply with the same.
- Update employees on the latest safety protocol through regular communication and easy-to access resource documents. This will ensure guidelines are understood and followed.

- Train/Educate employees on the following (ensure virtual / digital modes of training):
 - ⇒ Social distancing guidelines and expectations.
 - ⇒ How to properly use and safely dispose face mask, gloves etc.
 - ⇒ How to monitor personal health and body temperature.
 - ⇒ How to properly wear, remove, and dispose of face masks, gloves
 - ⇒ Guidance on how to launder cloth face masks and uniforms
 - ⇒ Cleaning protocol, including how to safely and effectively use cleaning supplies
- Communicate/Engage with customers through print campaigns, social media, and other channels on how Beauty & Wellness industry is working to offer a safe environment
- Use email blasts to reach clientele who might not be coming into the salon/ spa outlining precautions being taken for a safe and healthy visit

OUTLET AMBIENCE / ENVIRONMENT

- Restructure the workplace set-up to keep a minimum distance of 6 feet between two clienteles
- Ensure the working premises are well ventilated by using air purifiers to reduce dust, dander, smoke, allergens and odour resulting in a healthier, fresher & cleaner environment
- Display rate list on organization's website /mobile application/notice boards
- Avoid keeping magazines/ journals /brochures in the reception area
- Discontinue refreshments to clients for some time. Alternatively, use disposable glasses & sugar sachets for tea/coffee. Offer water in PET bottles.

CUSTOMERS

- Opt for pre-booking to maintain social distancing. While giving appointments, ask the basic health questions to get an assurance of the customer's wellbeing
- Discourage walk-ins to avoid crowding at the outlet. Furthermore, encourage customers to:
 - ⇒ Inform at least 12 hours prior, for any cancellation of the appointment(s)
 - ⇒ Check the availability of therapist while taking appointment(s)
 - ⇒ Visit the premises/ set-up only as per the appointment schedule
 - ⇒ Cancel appointment if experiencing fever, breathing difficulties, and coughing
- Ensure that every customer is screened using infrared thermometers or thermal scanners; only allow customers with normal reading into the store.
- Mandate all customers to have Aarogya Setu App on their phone. Inform them to switch on Bluetooth to certify that they are safe.
- Ensure limited customer occupancy inside the outlet basis the size of the store to ensure social distancing.
- Encourage customers to wash their hands, before sitting down on the salon chair or before the spa activity starts.
- After the service, disinfect the chair/bed and other equipment's used for customer.

EMPLOYEES

- Identify who returns to work and when: Consider timing schedules (e.g., bringing back all employees, or staggering return to work dates), how many employees will be allowed in an outlet at once (including any applicable occupancy limits required by law)
- Determine if individual employees are safe to return to work by implementing screening measures and consider plans for “at-risk” employees. Encourage employees who feel sick to stay home
- Ensure that the staff attendance in an outlet on any given day should be as per govt. guidelines
- Provide at least one thermo-gun to every salon/spa outlet and screen every employee daily for any signs of infection. Give sick leaves wherever necessary
- Ensure every staff member has registered on the Aarogya Setu app. Also ensure that each employee does a self-assessment on Aarogya Setu app every day along with the submission of Employee Health Declaration Form
- Mandate employees to wear face masks, gloves. Make sure employees are trained on how to properly use and safely dispose these items
- Disallow sharing of lunch or cutlery among staff. Adequate arrangements to be made to ensure social distancing and hygiene during lunch time
- Encourage employees to use their private vehicles while commuting to work, consider providing fuel allowance wherever feasible

GUIDELINES AS PER EMPLOYEE FUNCTIONS:

HAIR STYLIST

- ⇒ Mandate stylists to wear face masks, disposable aprons and disposable hair caps for every service
- ⇒ Use disposable towels and disposable gloves for haircare service(s)
- ⇒ Ensure that a suitable distance is maintained with the clientele while performing haircare service(s)
- ⇒ Wipe shears/scissors and razors to remove hair, product residue and disinfect with Isopropyl alcohol spray or wipe after each use.
- ⇒ Discard blades post shaving in no-touch trash bins
- ⇒ Remove all visible hair from combs, brushes, rollers, and scissors by rinsing in lukewarm shampoo water.
- ⇒ Request housekeeping personnel to remove hairs on the floor post service
- ⇒ Clean work stations with disinfectant spray.
- ⇒ Wash uniforms/aprons in hot water with detergent and bleach.

SKIN THERAPIST

- ⇒ Ensure therapy rooms are cleaned and disinfected after every service
- ⇒ Maintain basic hygiene, like neatly tied and covered hair, clean nails, etc.
- ⇒ Wash hands properly with soap & water or clean with sanitizer before and after attending each clientele
- ⇒ Use disposable linen, head bands, gowns for clientele; therapists to use disposable apron, hair gear, face mask, and gloves
- ⇒ Open sterilized tools & equipment in front of the client just before use
- ⇒ Place disposable sheets on trolleys before placing products
- ⇒ Sanitize trolley with disinfectants on a regular basis

- ⇒ Use single-use packed products with disposable spatula for the services
- ⇒ Sterilize tools and equipment like comedone extractor, scissors, pack brush, water bowl and electrical machine's probes
- ⇒ Use hand held micro-massagers for doing facials (while wearing disposable gloves)
- ⇒ Avoid threading, and recommend peel off wax to the clientele
- ⇒ Apply talcum powder with a piece of cotton on the forehead/upper lips for threading
- ⇒ Maintain proper distance from the customer
- ⇒ Dispose used products properly in no-touch trash bins

WAXING SERVICES

- During a wax service:
 - ⇒ Use disposable spatula for the wax application, and disposable strips for waxing
- After a wax service:
 - ⇒ Clean and disinfect any surface touched by a used wax stick immediately after the service.
 - ⇒ Keep wax pots and paraffin warmers covered and the exterior cleaned daily.
 - ⇒ Empty wax pot or paraffin warmer if the wax or paraffin has been contaminated by contact with skin, unclean applicators, or double-dipping. Discard the wax and disinfect all the tools.

PEDICURE SERVICES

Clean and disinfect pedicure basins (foot spas, foot basins and spa liners) and after each use regardless of whether liners were used:

- ⇒ Clean and disinfect pedicure basins (foot spas, foot basins and spa liners) and after each use regardless of whether liners were used:
- ⇒ Drain all water and debris from the spa basin
- ⇒ Clean the pedicure tub with soap or detergent and water, take off any removable part for further cleaning (includes jet covers and screens)
- ⇒ Disinfect spa basin. Generally, 10 minutes of contact time is required, whirlpool jets with recirculation waters must be filled and turned on to adequately disinfect.

MAKE-UP ARTIST

- ⇒ Maintain proper distance from clientele
- ⇒ Sanitize hands and wear disposable face masks before applying make-up
- ⇒ Use clean metal spatula to scoop or scrape products from original containers and place them on a palette to work, instead of dipping directly into creams, liquids or gel formula products
- ⇒ Use disposable make-up applicators like lip wands, mascara spoolies, Q-tips /cotton swabs, powder puffs and wedge sponges
- ⇒ Remove the top layer of the powdered products with a tissue, after every use
- ⇒ Use cosmetic sanitizer mists or create sanitizing sprits in an empty spray bottle
- ⇒ Do not double dip the disposable wand for mascara application
- ⇒ Use a spatula to put lipstick or gloss on a mixing palette and apply with a disposable lip brush

- ⇒ Sanitize the lipstick with isopropyl alcohol or remove the top layer by wiping with a tissue
- ⇒ Use latex-free sponges to avoid potential allergic reactions
- ⇒ Wash make-up brushes with lukewarm water and shampoo/ dishwasher liquid or dry wash using a special cleaner formulated with isododecane to remove oil-based products
- ⇒ Replace make-up products regularly, especially for the eyes
- ⇒ Check for the expiry dates of the products before every use and discard used/ expired products and tools properly
- ⇒ Use isopropyl alcohol or greater to sanitize any tools including tweezers, scissors and lash curlers. Wash hands with soap and water or sanitize hands properly before and after every service
- ⇒ Sharpen pencil cosmetics before each use with a disinfected pencil sharpener. When a pencil-type cosmetic is in a mechanical applicator or is of a diameter too small to be sharpened, remove the tip with a disinfected scissors or knife. Wipe the tip of the applicator with alcohol before use on another client.

NAIL ARTIST

- ⇒ Wear disposable face masks, disposable apron & rubber gloves before starting the nailcare services
- ⇒ Use disposable paper towels or electronic hand dryer and toothpicks during the service
- ⇒ Spray 70% isopropyl alcohol on porous tools like the emery board, block buffers, sanding bands and air dry after each service
- ⇒ Disinfect metallic tools like steel pushers, steel filers, cuticle nippers, nail cutters, tip clippers, mandrels in glutaraldehyde solution, as per manufacturer guidelines
- ⇒ Clean gel brushes, gel jars, gel polishes, nail art brushes, toe-separators, etc. with acetone or isopropyl alcohol
- ⇒ Use nail tech protector screens during the procedure, if possible
- ⇒ Sanitize gel UV/ LED nail lamp, post every use
- ⇒ Disinfect non-porous tools in activated glutaraldehyde as per manufacturer's directions post use

SPA THERAPIST

- ⇒ Maintain a suitable distance from the clientele
- ⇒ Wash hands properly with soap and water or clean with sanitizer before and after every service
- ⇒ Wear disposable face masks and disposable aprons & head gear before starting the procedure
- ⇒ Ensure therapy rooms are cleaned by the housekeeping personnel, post every treatment
- ⇒ Check whether the ambient room temperature is comfortable to the clientele
- ⇒ Use disposable linen, towels, head bands, gowns for the clientele
- ⇒ Sanitize massage equipment and supplies including massage stool, beds, face cradle, lotion dispenser, hot stones, etc., after every use
- ⇒ Change oil bottle holsters for each clientele
- ⇒ Do not put dispensed oil or lotion back into its original container
- ⇒ Use single-use packs for the treatments
- ⇒ Keep abrasions clean and covered with an antiseptic cream and a bandage on the massage area of the clientele
- ⇒ Place disposable sheet on the trolley before placing the products
- ⇒ Open sterilized tools and equipment in front of the clientele, just before use
- ⇒ Request housekeeping personnel to dispose used gowns, masks, linen, face cradle covers, etc., properly after every session
- ⇒ Discard unused open product in no-touch trash bins

FITNESS TRAINER

- ⇒ Maintain basic hygiene and keep proper distance from the customers during a training session
- ⇒ Wear disposable face masks and gloves inside the gymnasium
- ⇒ Wash hands with soap and water or sanitize hands properly before and after every session
- ⇒ Sanitize fitness equipment and machines with disinfectant after every session
- ⇒ Train one clientele at a time
- ⇒ Abstain from shaking hands and sharing personal care items like towels, water bottles, etc. with customers/ co-trainers
- ⇒ Cover cuts/ physical injury with a band-aid/ bandage to avoid cross contamination

HANDLING OF PRODUCTS

OVERALL EMPLOYEE GUIDELINES:

- ⇒ Keep all fluids, semifluids, creams, waxes, and powders in clean, covered containers with a solid cover. Dispense them in a manner which prevents contamination of the unused supply.
- ⇒ Avoid using fingers to remove product from containers. Instead, use disposable or disinfected spatulas or applicators. Spatulas, applicators, or scoops must not be stored in the container
- ⇒ Do not put a product back into the container once removed from it. Discard it if unused.
- ⇒ Clean and disinfect container surfaces with a disinfectant wipe at the end of the day.
- ⇒ Label all products neatly including those not in their original containers.
- ⇒ Comply with all manufacturer's directions for product use. When product directions require a patch test,) offer a patch test, and provide information to the client regarding the risk of potential adverse reactions to the product.

LAUNDERED ITEMS

- Ensure that each towel, robe, and linen used to cover or protect customers is used only once and then is:
 - ⇒ Laundered with detergent and hot water in a washing machine
 - ⇒ Dried on the hottest setting in a clothes dryer
 - ⇒ Immediately stored in a clean, covered container
- Plastic or nylon capes and aprons may be washed in a machine and dried on any setting in a dryer or may be disinfected with a spray disinfectant.
- Store used or soiled towels, linens, and capes in closed containers labeled "USED"
- Properly clean and store towels and other laundered items. A commercial linen service can be used if not done on the premises.

ELECTRICAL AND ELECTRONIC TOOLS

Clean and disinfect electric clippers, nail drills, flat irons, blow dryers, glass or metal electrodes, high frequency wands, aesthetic machines, steamers, diffusers, or other electric or electronic tools after each use, including the body, handle, and attached cord.

Store disinfected electrical and electronic tools when not in use. Acceptable storage includes a clean and disinfected surface, stand or hook, or closed container, cupboard, or drawer.

To clean and disinfect electrical and electronic tools, after each use:

- Remove all removable parts (plastic guards, non-metal removable parts, metal guards, clipper blades, drill bits, etc.).
- Wipe or brush all product residue, hair, skin debris, nail dust, and other visible debris from the surface of the tool.
- Disinfect the surfaces of items (including body, handle, and cord) and removable parts with disinfectant spray or wipe. Clipper blades that are not detachable must have the hair removed using a disinfected brush or a blade wash, and the clipper blade must be disinfected with a disinfectant spray. The surfaces must remain wet with the spray or wipe disinfectant for the contact time listed on the disinfectant label. As always, follow the manufacturer's directions.

SINGLE-USE ITEMS

Following items are all considered single-use items, may be used one time only, and must be immediately disposed of in no-touch trash bins after each service:

- Foam toe separators
- Foam buffer blocks
- Pedicure tub liners
- Pumice bars or stones
- Chamois, paper, or foam flip-flops or slippers
- Nail files, unless made of metal, glass, or crystal
- Ceramic nail files, unless completely sealed by a glaze
- Sanding bands or sleeves
- Paper sandpaper drill bits
- Wooden applicators
- Cotton balls, cotton pads, or swabs
- Gauze pads
- Sponges
- Neck strips
- Wax strips
- Other items made with paper, wood, foam, or other porous materials

INVENTORY

- Establish procedure for regularly disinfecting inventory and newly-received stock
- Disinfect carton boxes outside of the outlet by sanitizing them. The person in-charge should wear facial mask and disposable gloves while carrying out this activity. The gloves should be immediately disposed after the activity is completed.
- Keep sanitised stocks for a cooling period of 24 hours before using it for application

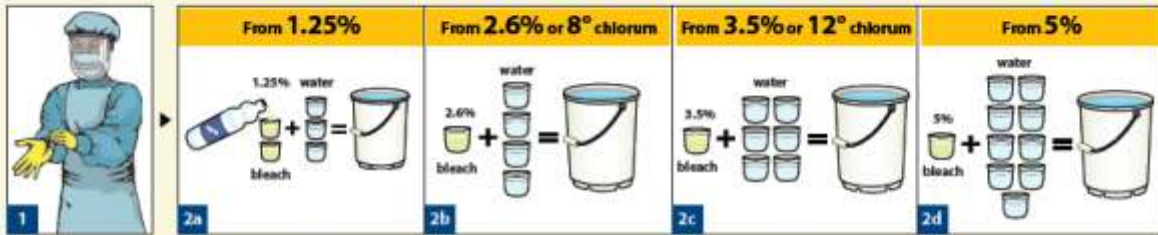
BILLING & PAYMENT

- Ensure a distance of minimum 3 feet between customers to limit contact while queuing for making payments
- Replace physical bills with softcopy to be sent to customers via email / SMS.
- Implement and encourage use of contactless payment options for customers and contactless signatures for deliveries. If contactless signature for deliveries is not possible, then employees should use their own pen.
- Mandate cashiers to extend a tray to receive or return currency / cards for payments.
- Adopt measures to sanitize cash before it gets accepted and ensure cashiers wear gloves while dispensing cash.
- Allow customers to exit the store if there is no beep. Do away with bill punching /checking of carry bags post purchase.
- Request customers to bag their own purchases if they choose to use reusable bags encouraging them to clean the bags frequently.

ANNEXURE-I

How to Make Strong (0.5%) Chlorine Solution from Liquid Bleach

Use strong (0.5%) chlorine solution to clean and disinfect surfaces, objects, and body fluid spills.
Make new strong (0.5%) chlorine solution every day. Throw away any leftover solution from the day before.



1 Make sure you are wearing extended PPE.

2a Pour 2 parts liquid bleach and 3 parts water into a bucket. Repeat until full.

2b Pour 1 part liquid bleach and 4 parts water into a bucket. Repeat until full.

2c Pour 1 part liquid bleach and 6 parts water into a bucket. Repeat until full.

2d Pour 1 part liquid bleach and 9 parts water into a bucket. Repeat until full.



3 Stir well for 10 seconds.



4 Label bucket "Strong (0.5%) Chlorine Solution - Cleaning."



5 Cover bucket with lid.



6 Store in shade. Do not store in direct sunlight.



WARNING
 Do NOT drink chlorine water.
 Do NOT put chlorine water in mouth or eyes.

Source: Centers for Disease Control and Prevention (CDC)

How to Make Strong (0.5%) Chlorine Solution from 70% Chlorine Powder

Use strong (0.5%) chlorine solution to clean and disinfect surfaces, objects, and body fluid spills.
Make new strong (0.5%) chlorine solution every day. Throw away any leftover solution from the day before.



1 Make sure you are wearing extended PPE.

2 Add 10 tablespoons of HTH (70% chlorine) to 20 liters of water in a bucket.

3 Stir well for 10 seconds, or until the HTH has dissolved.

4 Wait 30 minutes before use.



5 Label bucket "Strong (0.5%) Chlorine Solution - Cleaning."



6 Cover bucket with lid.



7 Store in shade. Do not store in direct sunlight.



WARNING
 Do NOT drink chlorine water.
 Do NOT put chlorine water in mouth or eyes.

Source: Centers for Disease Control and Prevention (CDC)

ANNEXURE-II

Face mask & its Importance aspects

Type	Advantage	Duration	Filter level	Draw back
Cloth Mask	Washable	Can use whole day	80% of total atmospheric particle	Doesn't fit well. Allows air passage though gaps
Normal single layer PP Non-woven mask	Disposable	Breathing difficulty with prolonged use. More than 2 hours	Filters 90% of Atmospheric particle	Doesn't fit well. Allows air passage though gaps
3 ply mask (Non-woven)	Disposable	Breathing difficulty prolong use. More than 2 hours	Filters 90% of Atmospheric particle	Nose clip provision Fits well
P2.5 ,N95 mask	Usable as long as filter is not wet	Maximum 1 hour followed by normal breathing (without mask for an hour)	Filters 95% of 0.25 micron particles in the atmosphere	Breathing issue. Not recommended for Pregnant ladies and kids

Common issue with masks is that they typically have gaps between the face and the edges of the mask, that allows entrance of air and particles into the mask (and thus the user's respiratory system). Take care of following aspects while buying masks:

1. All mask must have a Nose clip/ adjustment provision to hold fit at the nose
2. Stretchable and adjustable loops or string tie which enables compact fixing of the edges with face to avoid exposure to airborne particles in those gaps
3. Reuse cloth mask - Wash regularly with detergent and dry before using

ANNEXURE-III

COVID-19 Employee Self-Declaration Form

The safety of our employees remains the company's primary concern. To help prevent the spread of COVID-19 and reduce the potential risk of exposure to our employees we are conducting a simple screening questionnaire. Your participation is important to help us take precautionary measures to protect you and everyone in the building.

Thank you for your time and co-operation.

Contact Information

Name:

Mobile No:

Email:

Store Location:

Employee Details

Employee ID:

If the answer to question 1 below is yes, access to the store will be denied.

1. Are you showing any signs of one or more of the following symptoms? Temperature >38°C (100.4 °F) or higher, cough, shortness of breath, difficulty breathing, tiredness?

YES NO

2. Is the information you provided on this form true and correct to the best of your knowledge?

YES

3. Did you come in contact with someone having COVID-19 symptoms during last 14 days?

YES NO

.....
Signature

ANNEXURE-IV

IR Thermometer Checks – Preventive controls

Why: Using the infrared thermometer to check the body's temperature requires a short amount of time without the risk of cross-infection. Therefore it's well-suited for use in places with a high flow of people.

Wear Mask and simple goggles/ glasses while carrying out this operation.



1. Hold Scanner at 15cm to 20cm distance . Scan across the forehead from center to left or right
2. If the Temperature reads
 - 36°C(96.8°F) and below then its Normal
 - 36.1 °C (97°F) or above – Indication of Fever
 - Recheck again to conclude
3. If its above 36.1 °C (97°F) - It could be normal fever or just high body temperature. For preventive measure ask/request employee /customer to avoid entry.

Comparison	Regular Thermometer 	IR Thermometer 		
Measurement Method	Tongue/ Rectum/ Armpit	Oral	Ear	Forehead
Accuracy	High	High	High	Low
Convenience and speed	Average	Average	High	Very high
Reference level for Fever	>37.5 °C (99.5°F)	>37.5°C(99.5°F)	>38°C(100.4°F)	>36°C(96.8°F)

Comparison among different measurement methods (www.mdk.gov.hk), Department of Health

ANNEXURE-V

HOW TO WEAR A MEDICAL MASK SAFELY

who.int/epi-win

Dos →



Wash your hands before touching the mask



Inspect the mask for tears or holes



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Don'ts →



Do not Use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1 metre distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

EPI-WIN



ANNEXURE-VI

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



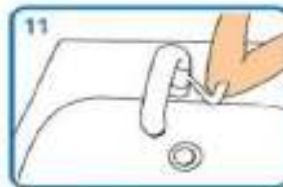
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds

SOURCES

- Health & Hygiene Guidelines for the Beauty & Wellness Industry, Post COVID-19 Pandemic by Beauty & Wellness Sector Skill Council
- Connecticut State Department of Public Health
- Retailers Association of India
- Press Research