

# How to Clean Your Hands with Alcohol Based Hand Rub

Use Alcohol Based Hand Rub if your hands are not visibly soiled.  
Use soap and water if your hands are visibly soiled.



Apply enough Alcohol Based Hand Rub to cover all areas of your hands as shown below. Rub Alcohol Based Hand Rub into your hands until they are dry (about 15-25 seconds).

Palm to palm



Back of hands



Between fingers



Back of fingers



Thumbs



Fingernails on palm



Wrists

