

## How to Use Antibacterial Hand Rub

- ▶ Apply rub to the palm of one hand.
- ▶ Rub hands together until dry.
- ▶ Make sure to cover all surfaces of hands and fingers.
- ▶ Do not use water with the rub.
- ▶ The amount of product needed depends on the type of rub used.
- ▶ Alcohol-based hand rubs work well against many, but not all germs.
- ▶ Before eating, scrub hands with soap and water for at least 30 seconds.



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## When to Use Alcohol-Based Hand Rub

- ▶ When hands are visibly dirty, they should be washed with soap and warm water.
- ▶ When soap and water are not available, antibacterial hand rubs or wipes or hand rubs may be used.
- ▶ If using wipes make sure they are antibacterial hand wipes. Baby wipes and other cleaning wipes are not designed for reducing germs on hands.
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