

# How to Use Alcohol-based Hand Rub



- Roll up long sleeves and push up wrist accessories
- Apply palmful of AHS-provided ABHR to hands
- Rub all the surfaces of your hands and wrists



- Include palms, fingers, fingertips and thumbs
- Rub until hands are completely dry



*\*Periodically apply AHS-provided hand lotion for skin integrity.\**