How to Use Alcohol-based Hand Rub

- Roll up long sleeves and push up wrist accessories
- Apply a palmful of AHS-provided ABHR to hands
- Rub all 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.*

Adapted with permission from The World Health Organization