

## How to Use Alcohol-Based 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 alcohol in the rub kills germs that cause illness.
- ▶ The amount of product needed depends on the type of rub used.
- ▶ Alcohol-based hand rubs work well against many, but not all bacteria.  
They do not work well against certain viruses.

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## When to Use Alcohol-Based Hand Rub

- ▶ When hands are visibly dirty, they should be washed with soap and water when available.
- ▶ When soap and water are not available, alcohol-based disposable hand wipes or hand rubs may be used. You can find them in most supermarkets and drug stores.
- ▶ If using wipes make sure they are antimicrobial hand wipes.  
  
Baby wipes and other cleaning wipes are not designed for reducing germs on hands.

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