

How to Perform an Alcohol-Based Hand Rub?

Directions for Use:

- . Before using the hand disinfectant, remove your watch, rings, and all other jewelry from your hands and wrists.
- .. Apply 2-3 mL of the solution to clean, dry hands. Rub your hands thoroughly for 20–30 seconds, following the steps below.

How to Handrub?



20-30s

1



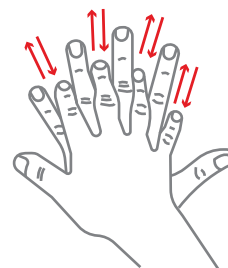
Apply enough alcohol-based hand disinfectant to cover the entire surface of your hands.

2



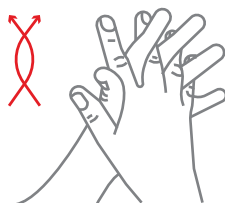
Rub your palms together.

3



Place your right palm over the back of your left hand with the fingers interlaced and rub thoroughly. Repeat with the opposite hand.

4



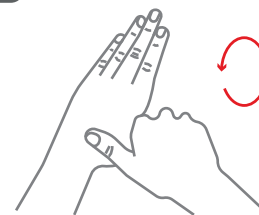
Rub your palms together with the fingers interlaced.

5



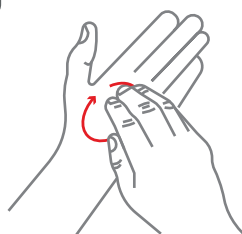
Rub the backs of your fingers against the opposite palm with the fingers interlocked.

6



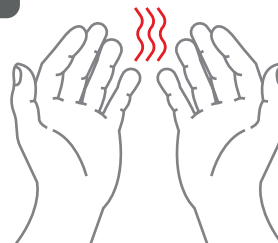
Clasp your left thumb with your right palm and rub it using rotational movements. Repeat with the right thumb.

7



Rub the fingertips of your right hand against the palm of your left hand using rotational movements. Repeat with the opposite hand.

8



Continue rubbing until your hands are completely dry.
Your hands are now clean and disinfected.

