

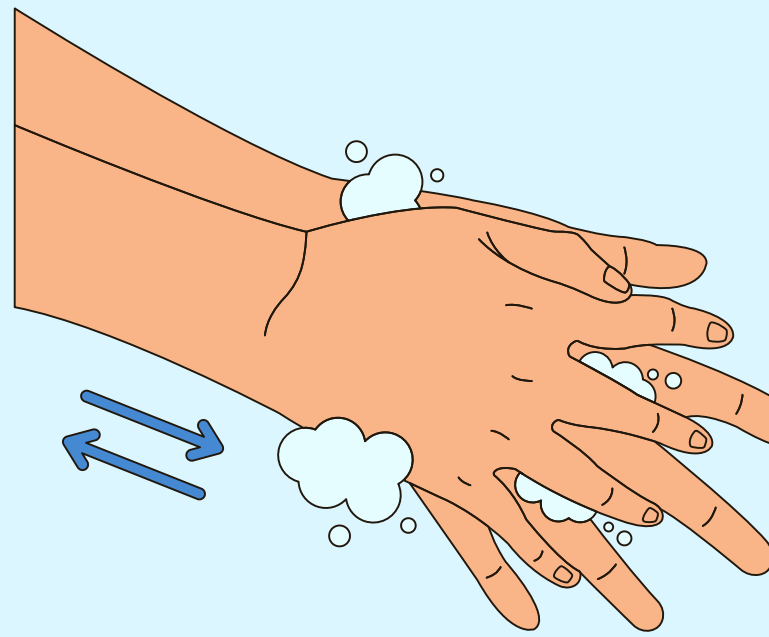
HOW TO HAND RUB

1



Use 1 or 2 pumps of alcohol-based hand rub on dry palms.

2



Rub hands together, palm to palm

Perform hand hygiene for at least **15 seconds**

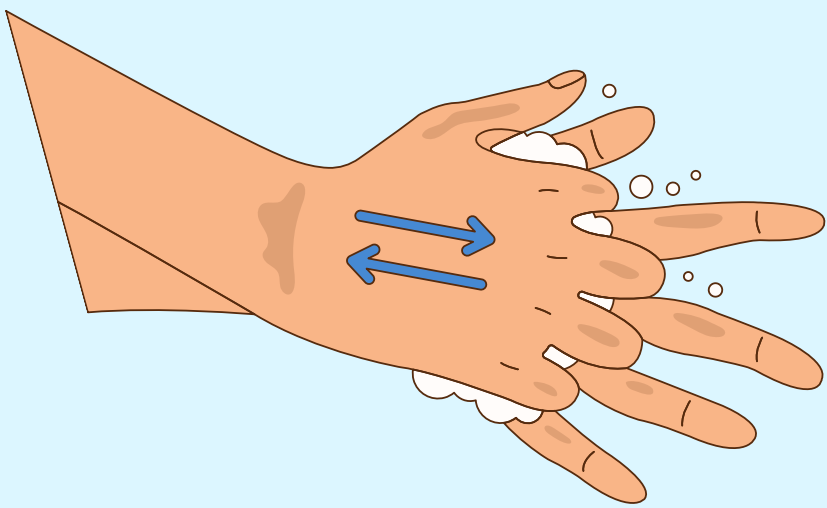


Looking for a timer?

Just hum the "Happy Birthday" song twice!

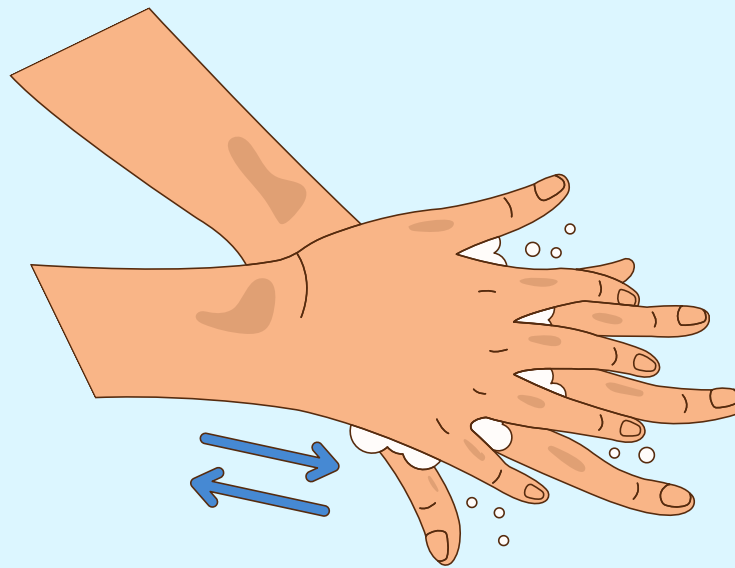


3



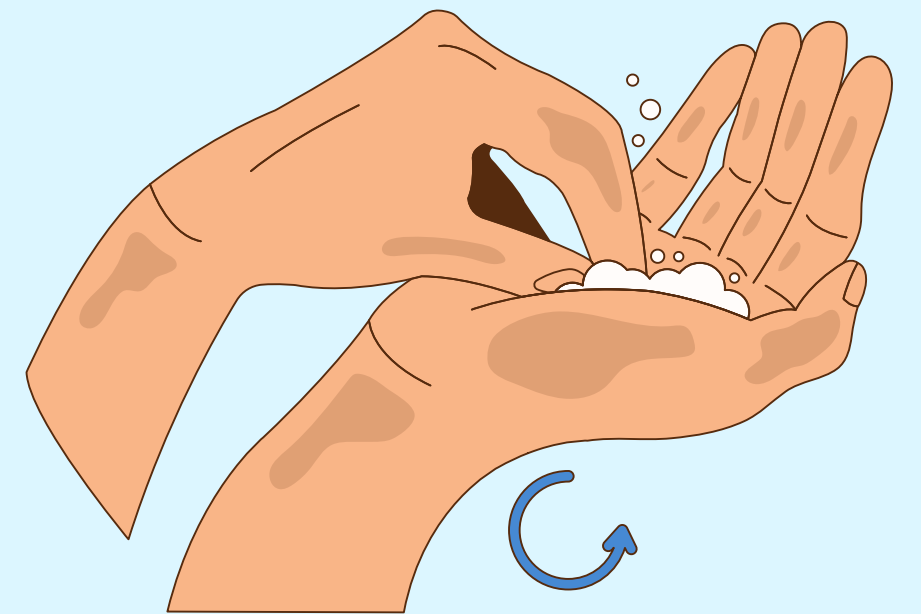
Rub in between and around fingers

4



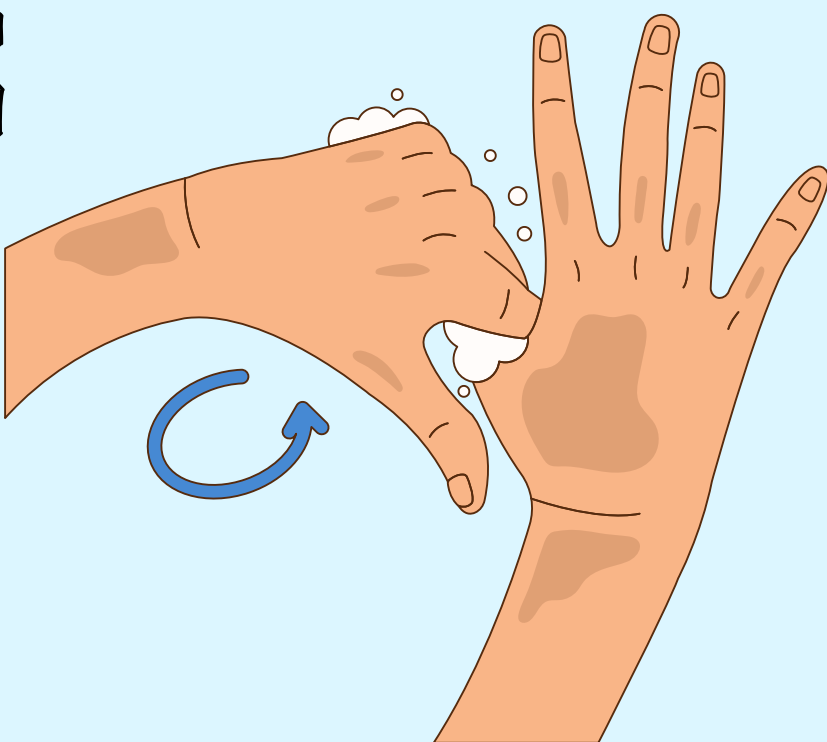
Rub the back of one hand with the palm of the opposite hand

5



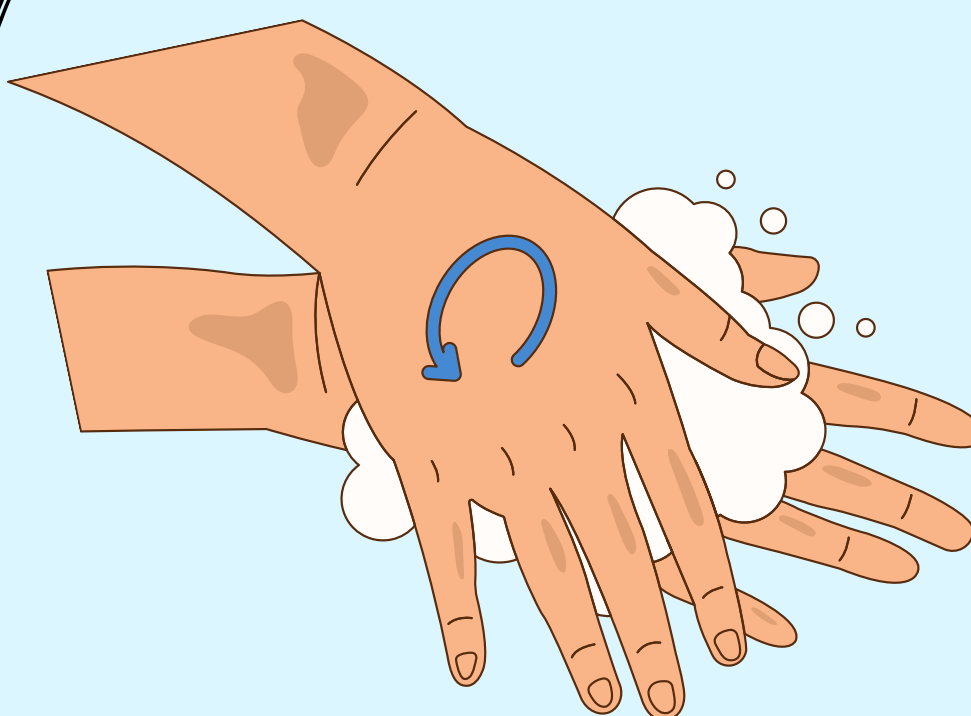
Rub the fingertips of one hand against the palm of the opposite hand

6



Gently rub each thumb using the opposite hand

7



Rub hands until dry; do not use paper towels

8



Hands are safe when dry