How to Use Alcohol-Based Hand Rub

1. Apply rub to the palm of one hand.
2. Rub hands together until dry.
3. Make sure to cover all surfaces of hands and fingers.
4. Do not use water with the rub. The alcohol in the rub kills germs that cause illness.
5. The amount of product needed depends on the type of rub used.
6. 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 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.

When to Use Alcohol-Based Hand Rub

Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local extension office.