

DON'T FORGET TO SANITIZE YOUR HANDS

Apply 1 to 2 pumps of product to palms of dry hands



Rub hands together palm to palm



Rub in between and around fingers



Rub back of each hand with palm of other hand



Rub base of thumb of each hand in opposite palm



Rub fingertips of each hand in opposite palm



Rub backs of fingers of each hand in opposite palm



Rub hands until product is dry [Do not use paper towels]



Once dry, your hands are disinfected



ALCOHOL-BASED HAND RUB (ABHR)

ABHR is the preferred method for hand hygiene when hands are not visibly soiled. ABHR takes less time and is more effective than washing with soap and water (even with an antibacterial soap).

Wash hands with soap and water if they are visibly soiled with dirt, blood, body fluids or other body substances. If running water is not available, use moistened towelettes to remove the visible soil, followed by alcohol-based hand rub.



Evidenced-Based Resource: Public Health Ontario. (2014). "Best practices for hand hygiene in all health care settings, 4th edition."

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