

# How to use alcohol-based hand rub

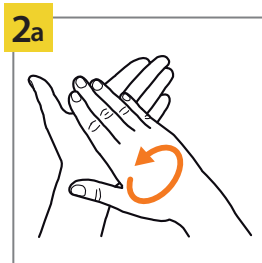
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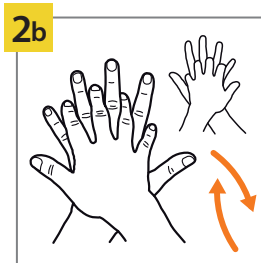
A hand rub should take 20–30 seconds or until your hands are dry.



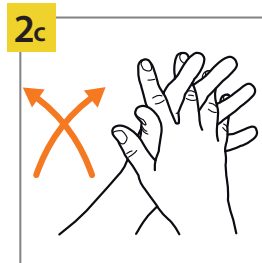
Apply alcohol-based hand rub to hands, then rub



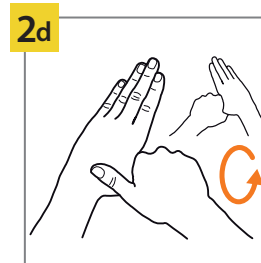
palm to palm,



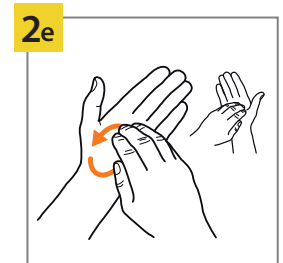
back of hands,



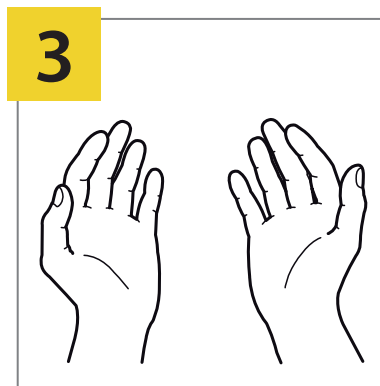
in between fingers  
and back of fingers,



around thumbs and



tips of fingers.



Once dry, your hands are clean.

THIS POSTER REFERENCES THE WORLD HEALTH ORGANIZATION'S 'HOW TO HANDRUB?' POSTER NHMRC Ref. CH55f Printed June 2013



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