

# Easy as

# 1

# 2

# 3

## Alcohol-based handrub

**Keep your hands clean!** Use an alcohol-based handrub when your hands are not visibly soiled. Wash your hands with soap and water when your hands are visibly soiled.

[Food handlers in restaurants, schools, deli's and grocery stores must wash their hands with soap and water before applying hand sanitizers. Minn Rules Chap. 4626.0070 - 4626.0085]



Alcohol-based handrubs provide several advantages over handwashing with soap and water:

- require less time than handwashing
- act quickly to kill microorganisms on hands
- more effective than handwashing with soap and water
- more accessible than sinks
- reduce bacterial counts on hands
- do not promote antimicrobial resistance
- less irritating to skin than soap and water
- can even improve condition of skin

## How do you use it?

**It is as easy as 1, 2, 3...** When decontaminating hands with an alcohol-based handrub use an amount of alcohol-based handrub sufficient to cover all surfaces of hands.

### 1

Apply handrub to palm of one hand.

### 2

Rub hands together covering all surfaces of hands and fingers.

### 3

Rub until handrub is absorbed.