

# ALCOHOL-BASED HAND RUB

## How To

1. Put enough product on hands to cover hands, fingers and wrists
2. Rub hands until they feel completely dry (about 20 seconds)

## Useful Tips

- Use antibacterial hand rub (ABHR) when water and soap are not available
- Use an ABHR with at least 70-90% alcohol
- Ensure all wall dispensers and containers are out of reach for children as it can be harmful if swallowed



**Renfrew County and District Health Unit**  
"Optimal Health for All in Renfrew County and District"