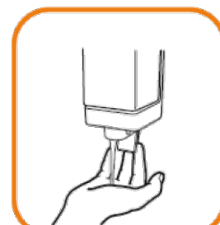


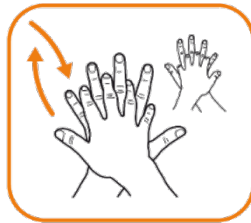
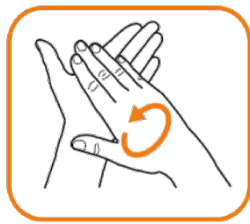
# How to Use Alcohol-based Hand Rub

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If you have any questions or comments regarding this information please contact the Infection Prevention & Control Hand Hygiene Program at: [Hand.Hygiene@ahs.ca](mailto:Hand.Hygiene@ahs.ca)



- Roll up long sleeves and push up wrist accessories
- Apply a palmful of AHS-provided ABHR to hands
- Rub all surfaces of your hands and wrists



- Include palms, fingers, fingertips and thumbs
- Rub until hands are completely dry



Adapted with permission from The World Health Organization

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