How to use alcohol-based hand rub

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

1. Apply alcohol-based hand rub to hands, then rub

2a. palm to palm,
2b. back of hands,
2c. in between fingers and back of fingers,
2d. around thumbs and
2e. tips of fingers.

3. Once dry, your hands are clean.