

How to handrub

Cleaning hands is the most important way to **Stop the Spread** of germs that cause infection. Patients and visitors need clean hands too!



1. Sanitizer options

1. Hand dispensers are located in the hallways.



2. Apply alcohol-based sanitizer

2. Apply 1 to 2 pumps



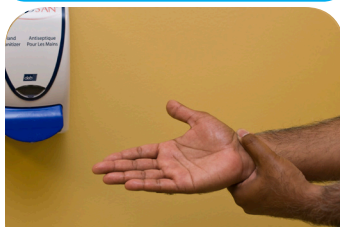
3. Rub into hands and fingers

3. Rub hands together, and in between fingers.



4. Back of hands

4. Rub the back of the hand.



5. Wrists

5. Rub fingertips, thumbs and around the wrists.



6. Rub until dry

6. Keep rubbing until product is dry.



How to handrub

Cleaning hands is the most important way to **Stop the Spread** of germs that cause infection. Patients and visitors need clean hands too!



1. Sanitizer options

1. Hand dispensers are located in the hallways.



2. Apply alcohol-based sanitizer

2. Apply 1 to 2 pumps



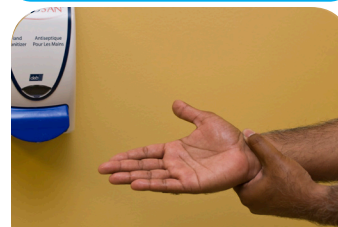
3. Rub into hands and fingers

3. Rub hands together, and in between fingers.



4. Back of hands

4. Rub the back of the hand.



5. Wrists

5. Rub fingertips, thumbs and around the wrists.



6. Rub until dry

6. Keep rubbing until product is dry.



How to handwash

Patients and visitors can **Stop the Spread** by cleaning their hands.



1. Wet hands

1. Wet hands with warm water.



2. Apply soap

2. Apply soap.



3. Scrub hands & wrists

3. Lather hands for about 20 seconds while rubbing with soap.



4. Rinse

4. Rinse thoroughly.



5. Pat dry

5. Pat hands dry with paper towel.



6. Turn off water

6. Turn off water using paper towel.



How to handwash

Patients and visitors can **Stop the Spread** by cleaning their hands.



1. Wet hands

1. Wet hands with warm water.



2. Apply soap

2. Apply soap.



3. Scrub hands & wrists

3. Lather hands for about 20 seconds while rubbing with soap.



4. Rinse

4. Rinse thoroughly.



5. Pat dry

5. Pat hands dry with paper towel.



6. Turn off water

6. Turn off water using paper towel.

