

Alcohol-based handrub

EASY AS 1 - 2 - 3

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.

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



1

Apply handrub
to the palm of one hand



2

Cover all surfaces
rub hands together, hands & fingers



3

Rub
until handrub is absorbed

m DEPARTMENT
OF HEALTH

651-201-5414, www.health.state.mn.us

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