

# How to Clean Hands?

## Alcohol-based Hand Rubs (Purell)

Primary method for cleaning hands:

- Easier to use
- Take less time
- More effective in killing bacteria than soap and water



Pump gel around the size of a quarter into palm of hand



Rub hands, covering all surfaces until dry

## Soap and Water

Use when:

- Hands are visibly soiled
- After using alcohol-based hand rubs several times
- After using restroom
- Contamination with spore-forming bacteria is likely (such as C. diff)

