

# **PLEASE DISINFECT YOUR HANDS WITH ALCOHOL HANDRUB WHEN YOU ENTER AND LEAVE THE HOSPITAL.**

***This action will help to protect your friends, loved ones and yourself. Bottles of Handrub are located throughout this Hospital.***



## **SQUIRT**

Once onto the palm of your hand



## **RUB**

Hands together



## **ROLL**

Over all areas of the hands until they are dry  
(takes about 15 seconds)