

# PLEASE DISINFECT YOUR HANDS WITH ALCOHOL HANDRUB WHEN YOU ENTER AND LEAVE THE WARD AREA.

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

VQC Hand Hygiene Program. April 2006.

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