

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

