

Good Hygiene Stops the Spread of Germs

How to Clean Your Hands with Sanitizer



1

Apply 1 to 2 pumps of alcohol-based hand sanitizer to palm of dry hands.



2

Rub palms of hands together.



3

Rub fingertips of each hand in opposite palm.



4

Rub in between and around fingers.



5

Rub the back of each hand with the palm of the other hand.



6

Rub each thumb with the other hand.



7

Rub hands until they are dry.



Do not use towel or paper towel.



If your hands look dirty, please use soap and water to wash them for at least 20 seconds.



Updated September 29, 2020