

How to Clean Your Hands Using Hand Sanitizer



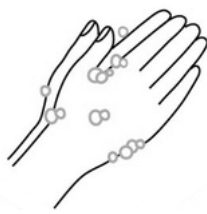
BC Centre for Disease Control
Provincial Health Services Authority

1



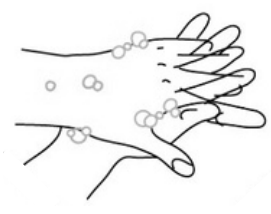
Apply loonie size of product to palms of dry hands.

2



Rub hands together, palm to palm.

3



Rub in between and around fingers and wrists.

4



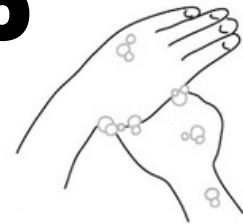
Rub fingertips of each hand in opposite palm.

5



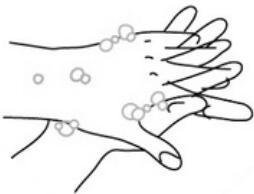
Rub nail beds of each hand in opposite palm.

6



Rub each thumb clasped in opposite hand.

7



Rub hands for 15 to 20 seconds until dry. Do not use paper towels.

8



Once dry, your hands are now clean.

Your hands are now clean.