Hand Sanitizing

1. Apply sanitizer (minimum 70% alcohol-based)
2. Rub hands together
3. Work sanitizer between fingers, back of hands, fingertips, under nails
4. Rub hands until dry

Stop the Spread of Germs
Always Clean Your Hands

After you:
- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage
- Play outdoors

Before and after you:
- Prepare or eat food
- Touch a cut or open sore

If hands are visibly dirty use soap and water