

Hand Sanitizing



1. Apply sanitizer (minimum 60% 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 Sanitize Your Hands

After you:

- Sneeze, cough or blow your nose
- Use the washroom or change diapers
- Handle garbage

Before and after you:

- Prepare or eat food
- Touch a cut or open sore

If hands are visibly dirty use soap and water