



Hand Sanitizing

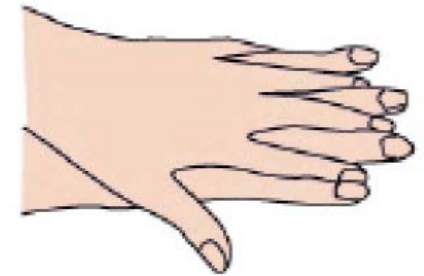
Hand sanitizing does not replace a proper handwashing technique. It should be used sparingly and only when soap and water are unavailable. It will be ineffective if hands are visibly soiled.



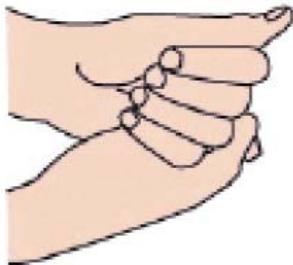
1. Place a drop of alcohol-based hand sanitizer, the size of a dime in your palm.



2. Rub hands together, palm to palm.



3. Rub back of each hand with palm and interlaced fingers of the other hand.



4. Rub around each thumb clasped in the opposite hand.



5. Rub fingertips of each hand backward and forward in the opposite hand.



6. Keep rubbing until your hands are dry. Paper towels are not needed.