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

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