Stop the Spread of Germs

Lower your risk of diarrhea, flu, cold, and other infections

Use hand sanitizer (rub) when your hands are not visibly soiled. Rub for at least 20 seconds using sanitizer containing 70%-90% alcohol. If your hands are visibly soiled, wash them with soap and water.

Apply a quarter-sized amount of hand rub to your open palm.

Rub your hands palm to palm.

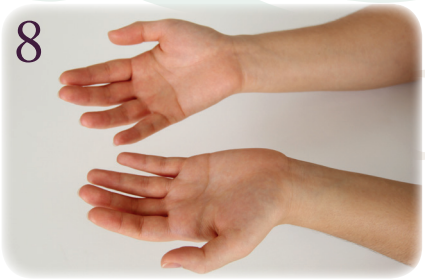
Rub the back of each hand with the palm of your other hand.

Interlock your fingers and rub them together.

Rub in between and around your fingers.

Rub each thumb with the opposite hand.

To clean your nails, rub the fingertips of each hand in the opposite palm.



Keep rubbing until your hands are dry.

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