

Clean Hands Can Save Lives

Proper Hand Washing

Remember: If soap and water are not available, use alcohol-based hand sanitizer.



1. Wet hands with clean running water (warm or cold) and apply soap.



2. Rub hands together to make a lather and scrub them well; be sure to scrub the backs of hands, between your fingers and under nails.



3. Continue rubbing hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



4. Rinse hands well under running water.



5. Dry your hands using a clean towel or air dry.

Proper Use of Hand Sanitizers

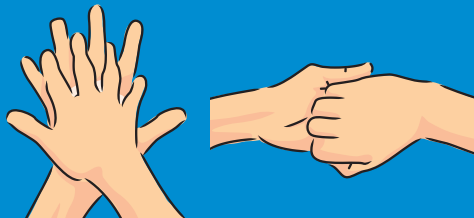
Note: The volume needed to reduce the number of germs varies by product.



1. Apply the product to the palm of one hand (read the label to learn the correct amount).



2. Rub your hands together.



3. Rub the product over all surfaces of hands including between fingers and the nail beds.



4. Once dry, your hands are safe.