

STOP

clean your hands with hand rub until hands are dry

Hand rubs should contain 70–90% alcohol.

Use hand rub when you cannot see dirt on your hands.

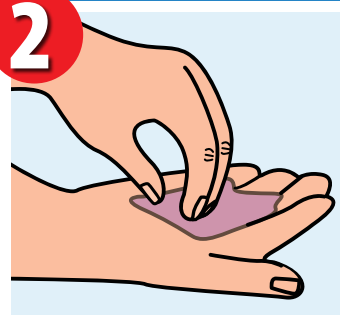
If you can see dirt, clean your hands with soap and water.

1



Apply a loonie size amount of hand rub to open palms

2



Rub fingertips of each hand in opposite palm

3



Rub hands together palm to palm

4



Rub in between and around fingers

5



Rub the back of each hand with palm of other hand

6



Rub each thumb with opposite hand

7



Rub each wrist with the opposite hand

8



Keep rubbing until hands are dry