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 bathroom or change diapers
- Handle garbage

**Before AND After you:**
- Prepare or eat food
- Touch a cut or open sore

If hands are visibly soiled, use soap and water

Adapted from Toronto Public Health, www.toronto.ca/health