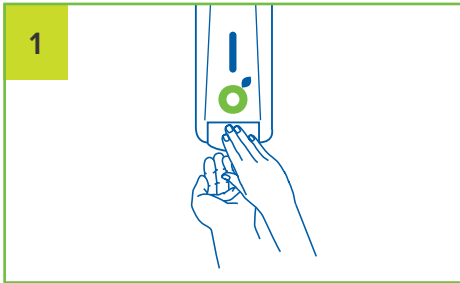
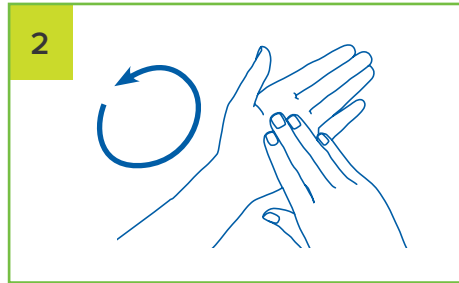


# How to properly sanitize your hands

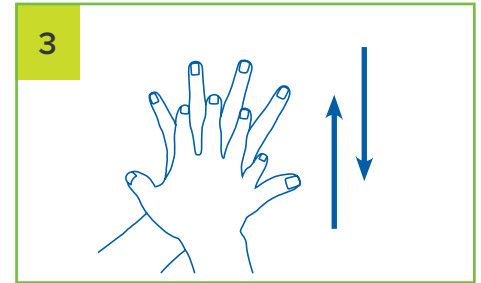
Washing your hands is the most effective form of infection prevention. If unable to wash hands, properly disinfect your hands with hand sanitizer. The entire process should last 15-30 seconds; the time it takes to sing 'Happy Birthday' twice.



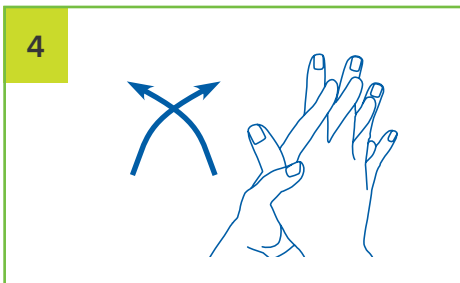
1 Apply one measure of hand sanitizer into cupped hand



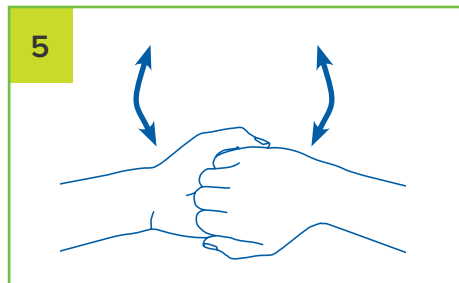
2 Rub hands palm to palm up to and including wrists



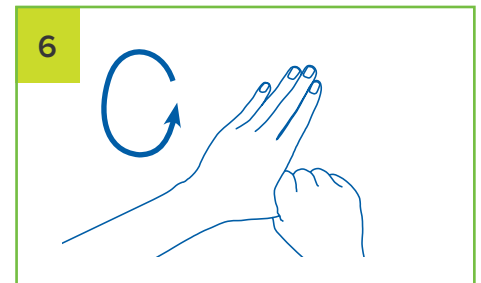
3 Right palm over back of left with linked fingers and vice versa



4 Palm to palm with linked fingers



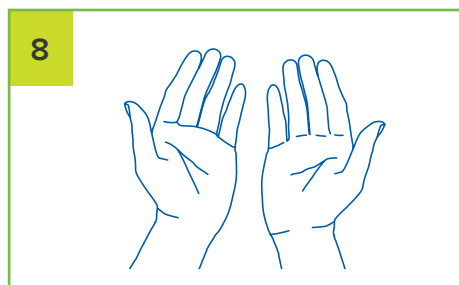
5 Rub back of fingers to opposing palms with fingers interlocked



6 Rub each thumb clasped in opposite hand using a rotational movement and vice versa



7 Rotational rubbing with closed fingers of right hand in left palm and vice versa



8 Once dry your hands are sanitized

*Prepared in accordance with World Health Organization guidelines*

