

CLEANING YOUR HANDS WITH ALCOHOL- BASED HAND SANITIZER

There are two parts to cleaning your hands correctly with alcohol-based hand sanitizer.

- Hand sanitizer gel
- Friction



Steps for cleaning your hands correctly with alcohol-based hand sanitizer

- Apply a dime sized amount of hand sanitizer gel to the palm of one hand or use an alcohol-based hand sanitizer wipe
- Rub hands together covering all surfaces of hands and fingers
- Rub until sanitizer gel is dry

Note: Children should be supervised when using the gel

While alcohol-based hand sanitizers are not a replacement for frequent hand washing with soap and water, they:

- Can be easily used when soap and water are not available
- Act quickly to kill germs on hands
- Require less time than hand washing

