HOW TO CLEAN YOUR HANDS

Help us prevent the spread of infections

Use hand sanitizer

• Remove jewelry
• Apply enough product to keep hands moist for 15 seconds
• Cover all surfaces of the hands, fingers and thumbs
• Rub all surfaces of hands and wrists until completely dry
• Do not use paper towels to dry hands

Wash hands with soap and water

• Remove jewelry
• Wet hands with water
• Add soap to palms and rub hands together
• Create lather, covering all surfaces
• Rinse hands well under water
• Dry with a single use towel
• Use towel to turn off the tap

Use soap and water if hands are visibly soiled