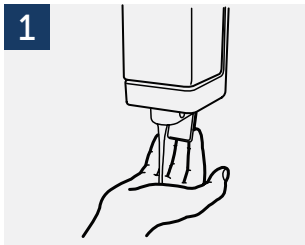


# Steps for proper hand sanitizing

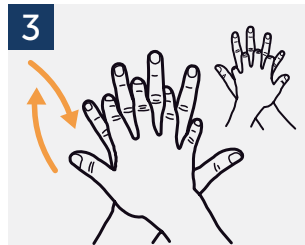
Total time: 20-30 seconds



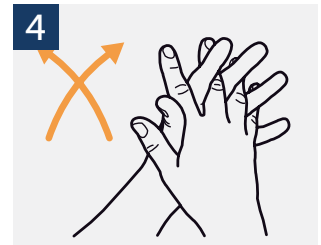
1 Dispense one dose of hand sanitizer into cupped hand, covering all surfaces.



2 Rub hands to palm.



3 Right palm over left dorsum with interlaced fingers and vice versa.



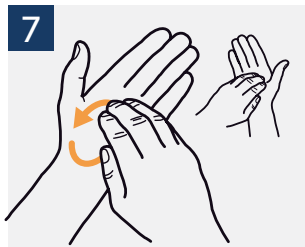
4 Palm to palm with fingers interlaced.



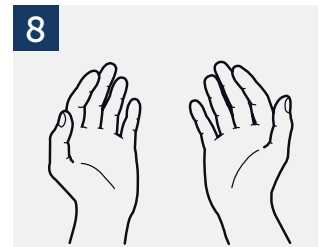
5 Backs of fingers to opposing palm with fingers interlocked.



6 Rotational rubbing of left thumb clasped in right palm and vice versa.



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



8 Once dry, your hands are safe.