STOP

the spread of germs

Hand sanitizing is the best way to prevent infections.

1 Gently apply sanitizer to your hands

2 Gently rub the back of each hand

3 Rub between the fingers

4 Rub the back of fingers in palm

5 Rub around each thumb

6 Continue rubbing the fingertips of each hand until dry

Always wash your hands:

Before and after you:
1. Prepare or eat food
2. Touch a cut or open sore
3. Sneeze, cough or blow your nose
4. Use the washroom or change diapers
5. Handle garbage
6. Pet animals

For more information contact:

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