

HAND-SANITIZING PROCEDURE



1 Place dime-sized drop of alcohol-based hand-sanitizer in your palm



2 Rub hands together, palm to palm



3 Rub back of each hand with palm and interlaced fingers of the other hand



4 Rub around each thumb clasped in the opposite hand



5 Rub fingertips of each hand backward and forward in the opposite hand



6 Keep rubbing until your hands are dry, paper towel is not needed