

# Disinfecting your hands



1

Apply some of the cleaning product to your hands (liquid, gel or foam).



2

Scrub your fingertips.



3

Rub the inside of your hands and thumbs.



4

Scrub between your fingers.



5

Scrub the backs of your hands.

**RUB YOUR HANDS TOGETHER UNTIL THEY ARE DRY;  
DO NOT USE PAPER TOWELS.**

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