

## Use of Hand Sanitizer

When soap and clean water are not readily available, apply an alcohol-based solution (hand sanitizer) until access to soap and water is available.

Hand sanitizers remove some germs, but not dirt. For proper use of hand sanitizer, follow these instructions:

- Apply **two tablespoons** of alcohol-based solution to palm of hand,
- **Rub** solution on hands, between fingers, and under nails,
- Allow to **air dry** (at least 2 minutes),
- **DO NOT** wipe hands with towel or napkin as this will reduce the effectiveness, and
- Wash hands with soap and water before handling food, diapering, or touching child.

### Source

Department of Health and Human Services, Centers for Disease Control and Prevention (2006). Clean hands campaign. Retrieved on December 18, 2006 from: <http://www.cdc.gov/cleanhands/>.

# How to Use Hand Sanitizer



- Apply two tablespoons
- Rub hands together between fingers and under nails
- Air dry for at least 2 minutes