

# STOP

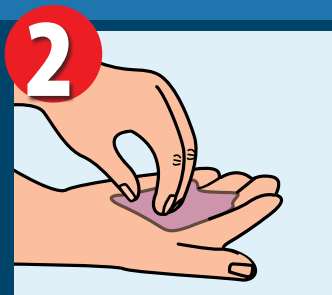
## clean your hands

**with hand rub until hands are dry**

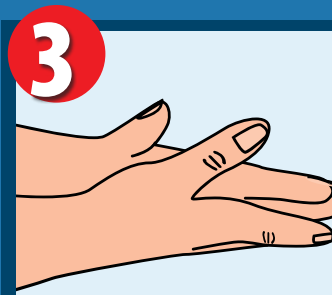
Hand rubs should contain 70-90% alcohol. Use hand rub when you cannot see dirt on your hands. If you can see dirt, clean your hands with soap and water.



**1** Apply a loonie size amount of hand rub to open palms



**2** Rub fingertips of each hand in opposite palm



**3** Rub hands together palm to palm



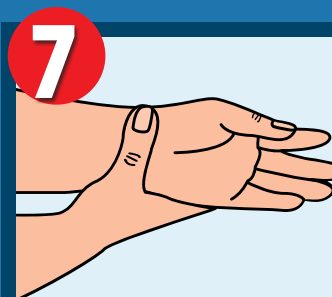
**4** Rub in between and around fingers



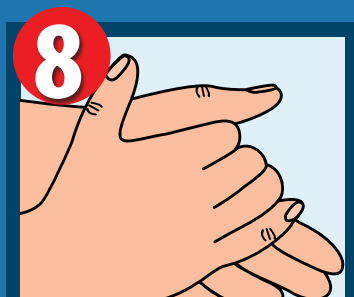
**5** Rub the back of each hand with palm of other hand



**6** Rub each thumb with opposite hand



**7** Rub each wrist with the opposite hand



**8** Keep rubbing until hands are dry