How to Use Hand Sanitizer

Apply hand sanitizer on palm of one hand
Rub hands together
Cover all surfaces until hands feel dry (20 seconds)

How to Wash Your Hands

Use soap and water when you can see dirt on hands

Wet hands and apply soap
Rub front and back of hands together
Scrub between fingers and rub back of fingers on other palm

Clean thumbs and wash fingernails and finger tips
Rinse hands then dry with a single use towel
Use towel to shut off water. Your hands are now clean

Content adapted from Micromedex CareNotes™ Health Literacy and Plain Language by Urban Health Initiative Office of Diversity, Equity and Inclusion 8-21-2023