

Clean hands reduce the spread of the flu & common cold



When using alcohol-based (60%+ alcohol) handrub, use enough to cover all surfaces of both hands.

- ① Start with hand rub on the palm of one hand.
- ② Rub hands, covering all surfaces of hands, fingers, and thumbs.
- ③ Rub until dry.



When washing hands with soap and water, use warm water as available.

- ① Lather with soap and rub hands vigorously for 20 seconds.
- ② Rinse thoroughly.
- ③ Dry with a clean towel.