

# A healthy community starts with your hands.

- 1** Place a quarter-size drop of alcohol-based hand sanitizer in your hand



- 2** Rub your hands together palm to palm



- 3** Rub the back of each hand with palm and fingers of the other hand



- 4** Rub around each thumb



- 5** Rub fingertips in the palm of your hand



- 6** Rub until hands are dry (20 seconds)

