

# How to Sanitize Your Hands

The CDC recommends washing your hands as one of the best defenses against the spread of germs and, if no soap and water is available, using a hand sanitizer.



**1** Dispense hand sanitizer into palm of hand.



**2** Rub hands together and remember nail beds, backs of hands, and in between fingers.



**3** Rub in sanitizer until hands are completely dry.



For information on proper hand washing, visit <http://www.symmetryhandhygiene.com>