

Clean Your Hands with Hand Sanitizer for 20 Seconds



Apply enough sanitizer to palms.



Rub hands together.



Rub back of each hand.



Rub fingertips of each hand in opposite palm.



Rub between and around fingers.



Rub each thumb.



Rub each wrist.

1-800-660-5853
www.healthunit.org



EOHU
Eastern Ontario
Health Unit



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1-800-267-7120
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