

Hand Hygiene with Alcohol-based Hand Sanitizer: 7 Easy Steps

1. Remove jewelry. Apply enough product to open palms.**



2. Rub hands together palms to palms.



3. Rub in between and around fingers.



4. Cover all surfaces of the hands and fingers.



5. Rub backs of hands and fingers. Rub each thumb.



6. Rub fingertips of each hand in opposite palm.



7. Keep rubbing until hands are dry. Do not use paper towels to dry hands.

**The volume of sanitizer required to be effective varies from product to product. Enough sanitizer to keep hands moist for 15 second should be applied.

Note: Wash hands with soap and water if hands are visibly dirty or contaminated with blood or other body fluids.

**Watch our new handwashing video at:
WWW.BERNARDSHEALTH.ORG**



The Bernards Township Health Department is a contractual health agency serving Bernards Township, Bedminster Township, Bernardsville Borough, Peapack and Gladstone Borough, Far Hills Borough, Chester Borough, Mendham Borough and Mendham Township