

# How to Sanitize

## Using Alcohol-Based Hand Sanitizer (ABHS)



Take one pump of product.



Rub hands palm to palm.



Rub right palm over top of left hand with interlaced fingers. Repeat with left palm over top of right hand.



Rub palms together with fingers interlaced.



Rub backs of fingers to opposing palms with fingers interlocked.



Rotate rubbing the left thumb clasped in the right palm. Repeat with right thumb clasped in the left palm.



Rotate rubbing backwards and forwards with clasped fingers of your right hand in your left palm. Repeat with fingers of your left hand in your right palm.



Rub hands together until dry.

The total process should take approximately 20 seconds.