

# Correct Hand Sanitizer Use

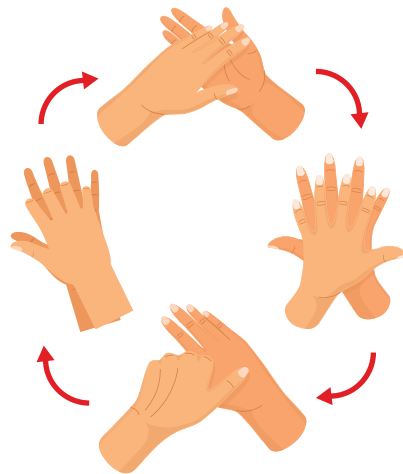
## 1 Apply one squirt



- Use a sanitizer with 60% to 90% alcohol

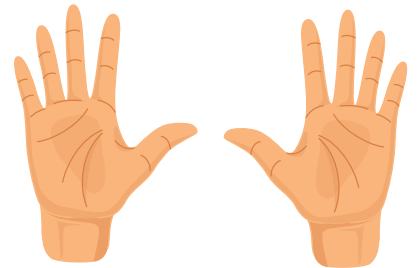
For healthcare settings, at least 70% alcohol should be used

## 2 Rub hands together



- Make sure to spread sanitizer all over your hands, palms, and between fingers

## 3 Rub until dry



- This should take 15 seconds if enough product is used

## REMEMBER

*Hand sanitizer should only be used when hands are not visibly dirty. Wash with soap and water if you see dirt on your hands.*

### Southwestern Public Health

St. Thomas Site  
1230 Talbot Street,  
St. Thomas N5P 1G9

1-800-922-0096

Woodstock Site  
410 Buller Street,  
Woodstock N4S 4N2



[www.swpublichealth.ca](http://www.swpublichealth.ca)

