

CLEANING HANDS WITH SANITIZER

PROTECT YOURSELF AND OTHERS FROM H1N1 FLU

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes.
Wash your hands often to keep yourself and others healthy.



1.

Remove jewellery and apply enough product to keep hands moist for 15 seconds.



2.

Rub product in palms and thoroughly cover all surfaces of the hands and fingers, including the backs and each thumb.



3.

Rub fingertips of each hand in opposite palm.



4.

Keep rubbing until hands are dry.

Do not use hand sanitizer with water.

Note: Wash hands with soap and water if hands are visibly dirty. Some manufacturers recommend washing hands with soap and water after 5-10 applications of gel.

For more information, visit
www.ufcw.ca/H1N1