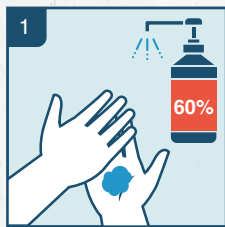# How to:
Use Hand Sanitizer

Keeping your hands clean can stop the spread of illness, including coronavirus disease 2019 (COVID-19).

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.

60% Alcohol

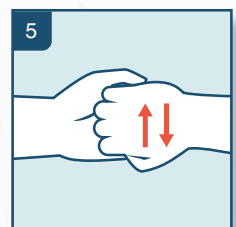**1** Apply enough hand sanitizer to cover your hands
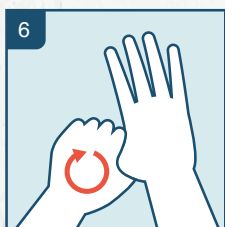
2 Rub your hands palm to palm.

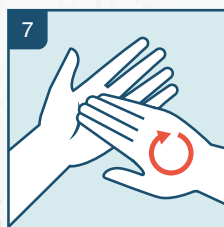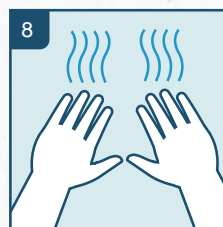**3** Scrub the backs of your hands.

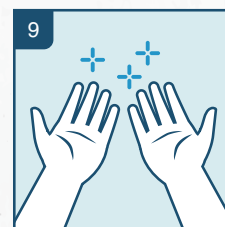**4** Clean in between your fingers.

5 Scrub the backs of your fingers.

6 Wash your thumbs.

7 Clean your fingernails and fingertips.

8 Allow your hands to air dry.

9 Your hands are now clean.

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