



SANITIZE AGAINST GERMS

**How to effectively
sanitize your hands:**



Apply enough hand sanitizer to cover all surfaces of your hands



Rub hands together making sure to cover all surfaces of hands and fingers



Rub until hand sanitizer is absorbed

**When to sanitize
your hands...**



- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



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Sanitizers can quickly reduce the number of germs on hands in many situations. However:



Sanitizers do not get rid of all types of germs.



Hand sanitizers may not be as effective when hands are visibly dirty or greasy.



Hand sanitizers might not remove harmful chemicals like pesticides from hands.

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