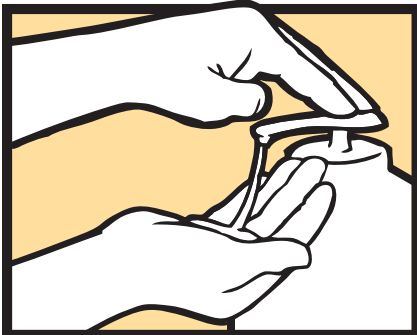


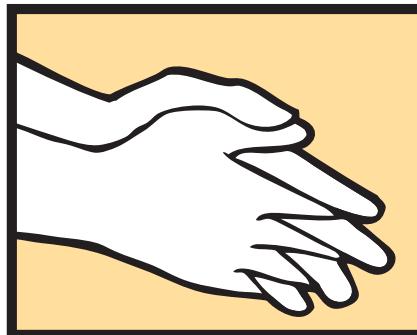
# Cleaning Hands with Sanitizer

Protect Yourself and others  
from influenza

*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.*



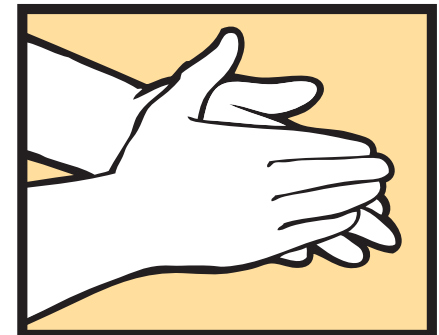
**1** **Remove jewelry** and apply enough product to keep hands moist for 15 seconds.



**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. Do not use paper towels to dry hands.**

**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.gov.bc.ca/h1n1](http://www.gov.bc.ca/h1n1)



Ministry  
of Health