

How to properly clean your hands with hand sanitizer

1. Apply sanitizer. You need a quarter-sized amount to properly clean all area's of your hands.



2. Rub your palms together

3. Interlace your fingers and rub



4. Clean the fingertips of each hand

5. the backs of your hands...



6. your wrists...

7. and don't forget your thumbs!



It takes at least 15 seconds to do all this, but you can do it while you're walking to your next task!

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