How to Hand Rub

Apply a dime-sized amount (2-3 ml) of product into palms of dry hands

Rub product into hands palm to palm

Rub fingertips of each hand in opposite palm

Rub between and around fingers

Rub hands for 15 seconds

Rub each thumb clasped in opposite hand

Rub back of each hand with opposite palm

Rub hands until dry before performing another task

DO NOT WIPE OFF.
How to Hand Wash

1. Wet hands under warm running water
2. Apply soap and distribute over hands
3. Rub hands together to create a good lather: Palm to palm
4. Rub fingertips of each hand in opposite palm
5. Rub between and around fingers
6. Rub each thumb clasped in opposite hand
7. Rub back of each hand with opposite palm
8. Rinse hands thoroughly under warm running water. Pat hands dry with a paper towel
9. Turn off faucet using a paper towel
10. Your hands are now clean