



Life is better with clean hands

Handwashing is one of the best ways to protect yourself and your family from getting sick.

If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

| Soap and Water | Alcohol-Based Hand Sanitizer |
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| <ol style="list-style-type: none">1. Wet your hands with clean, running water and apply soap.2. Lather your hands by rubbing them together with the soap. Scrub all surfaces of your hands for at least 20 seconds.3. Rinse your hands well under clean, running water.4. Dry your hands using a clean towel or air dry them. | <ol style="list-style-type: none">1. Apply. Put enough product on hands to cover all surfaces2. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.3. Note: Do not rinse or wipe off the hand sanitizer before it is dry. |

Do NOT use hand sanitizer if your hands are visibly dirty or greasy unless a handwashing station is unavailable and wash with soap and water as soon as you can.

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