

Wash your hands or use hand sanitizer

- Hand sanitizer only reduces the number of germs on the skin. Soap and water are still the best way to clean hands.
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- At > 95% concentration, alcohol evaporates quickly and is unable to kill germs effectively.
- Non-alcohol (alcohol-free) hand sanitisers are not recommended.
- When using a hand sanitizer, make sure you rub and cover all fingers, thumbs, palms and back of the hands until your hands are dry.
- If you experience any adverse effects from using any hand sanitiser, you should contact your healthcare provider.

Wash with soap and running water for 20 seconds when hands are visibly dirty.

When hands are NOT visibly dirty, apply a squirt of hand sanitizer and rub hands till dry.