

How to Use Hand Sanitizer

Keep Your Hands Clean



Wash your hands with soap and water as often as possible. Use an alcohol-based hand sanitizer that has at least 60% alcohol when you can't access soap and water.

Benefits of Using Alcohol-based Hand Sanitizer



Requires less time than handwashing.

More accessible than sinks.

Reduces germ count on hands.

Less irritating to the skin than soap and water.

What can hand sanitizers not do?



They do not get rid of all types of germs.

They may not be as effective when hands are really dirty or greasy.

They might not remove harmful chemicals, like pesticides, from hands.

How do you use alcohol-based hand sanitizer?



Apply dime-sized amount of hand sanitizer to palm of one hand.



Rub hands together and cover all surfaces of hands and fingers.



Rub until hand sanitizer is absorbed. This should take about 20 seconds.

CAUTION!

Swallowing alcohol-based hand sanitizers can cause alcohol poisoning. Keep it out of reach of children and supervise their use.

Sources:

MDH: <https://www.health.state.mn.us/people/handhygiene/clean/howrub.pdf>