

# HAND DISINFECTION METHOD

**1** Apply the disinfectant gel (a squirt the size of a loonie). Flatten hands together, pushing the disinfectant gel toward fingertips of cupped hand, working it into cuticles and nails.



**2** Rub palm of right hand over back of left hand and palm of left hand over back of right hand with fingers interlaced.



**3** Rub right thumb clasped in left palm, and vice versa. Rub hands until completely dry.

