How to hand rub

Clean your hands for at least 20 seconds using steps below:

1. Apply palmful of ABHR to cupped hand. Use elbow to dispense where able.
2. Rub tips of nails against palm. Swap hands.
3. Rub palms together.
4. Place one hand over back of other, rub between fingers. Swap hands.
5. Rub fingers between each other.
6. Grip fingers and rub together.
7. Rub each thumb with opposite palm. Swap hands.

Once dry, your hands are safe.