GERMS MAKE YOU SICK
SANITIZE YOUR HANDS

1. Apply hand sanitizer
2. Scrub palm to palm
3. Palm to back
4. Thumbs
5. Between fingers
6. Knuckles to palm
7. Fingertips
8. Wrists

Your hands are clean!

Scrub for at least 15 seconds.

FIND MORE HANDWASHING RESOURCES AT: www.germsmart.ca

© 2020 Saskatchewan Health Authority