

# Using Hand Sanitiser or Alcohol to Get Rid of Germs

Washing your hands with soap and water is the most effective way of removing germs. However, there may be some situations in which soap and water are not readily available. In this scenario, cleaning your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol is the next best thing to do. Follow these steps when using hand sanitisers:



- 1. Apply the hand sanitiser to the palm of your hand. Follow the manufacturer's guidelines for the amount of product to use.**
- 2. Rub your hands together, making sure to rub the product over all the surfaces of your hands and fingers.**
- 3. Do this until dry (this should take around 20 seconds).**