



Sanitize your hands:

- After you arrive to work.**
- Before you leave work.**
- After coughing or sneezing.**
- After you eat.**
- Before and after using community equipment.**
- Anytime your hands are not visibly dirty.**



How to effectively sanitize your hands:

- Apply enough hand sanitizer to cover all surfaces of your hands.
- Rub hands together making sure to cover all surfaces of hands and fingers.
- Rub until hand sanitizer is absorbed.