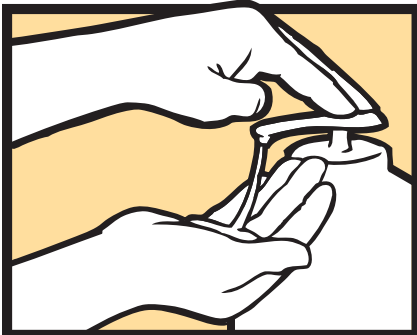


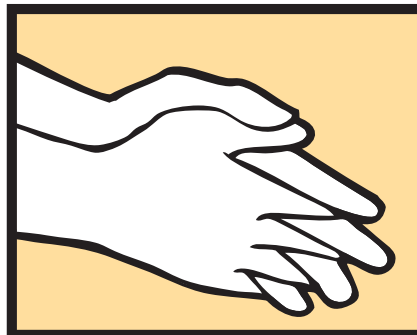
Cleaning Hands with an Alcohol-based Sanitizer

Protect Yourself and others from influenza

*Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes.
Wash your hands often to keep yourself and others healthy.*



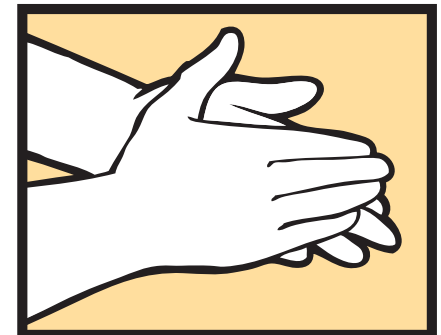
1 **Remove jewelry** and apply enough product to keep hands moist for 15 seconds.



2 **Rub product** in palms and thoroughly cover all surfaces of the hands and fingers, including the backs and each thumb.



3 **Rub fingertips** of each hand in opposite palm.



4 **Keep rubbing** until hands are dry.

Do not use hand sanitizer with water. Do not use paper towels to dry hands.

Note: Wash hands with soap and water if hands are visibly dirty. Some manufacturers recommend washing hands with soap and water after 5-10 applications of gel.

For more information, visit www.gov.bc.ca/h1n1



Pandemic Influenza
Preparedness