

Sanitizing Your Hands



Wash your hands often with soap and water
for at least 20 seconds

1

If using hand sanitizer, use as much as needed to sanitize hands and forearms

2

Make sure to clean in between fingers and the tops of hands, and go all the way up to your forearms

* any jewelry you're wearing also needs to be sanitized

3

Keep rubbing in sanitizer until sanitizer becomes dry



Watch the video now!
View QR code using
your phone's camera.



NORTH COUNTRY
HealthCare