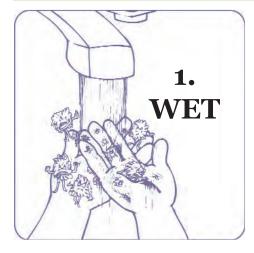
Hand Hygiene How-To

Does it matter how I wash my hands?

You have to rub your hands for at least 20 seconds to get rid of the bacteria. Follow these instructions:













How do I clean my hands with alcohol-based hand sanitizer?

Use enough to cover all the surfaces of your hands.







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