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:

1. WET
2. SOAP
3. WASH 20 SECONDS
4. RINSE
5. DRY
6. TURN OFF WATER WITH PAPER TOWEL

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

Use enough to cover all the surfaces of your hands.

1. PLACE
2. RUB UNTIL DRY