# How to properly clean your hands with hand sanitizer

1. **Apply sanitizer.**
   You need at a loonie-sized amount to properly clean all areas of your hands.

2. **Rub your palms together**

3. **Interlace your fingers and rub**

4. **Clean the fingertips of each hand**

5. **the backs of your hands**

6. **your wrists**

7. **and don’t forget your thumbs!**

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It takes at least 15 seconds to do all this, but you can do it while you’re walking to your next task!