



# How to use hand sanitizer

If your hands look dirty, it is best to use soap and water



Use enough hand sanitizer to cover your hands



Rub hands – including fingers, thumbs and wrist – for at least 15 seconds



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES

We all have a role to play.

[regionofwaterloo.ca/COVID19](https://regionofwaterloo.ca/COVID19)