

Your hands need **gentle care** during tough times.

1 | **Wash your hands** for 20 seconds with soap and warm water or use an alcohol-based sanitizer.*



2 | **Pat hands** until thoroughly dry; avoid rubbing.*



3 | **Apply a moisturizer** immediately after.



Reasons to moisturize:

- Soap and water can strip the natural and protective oils from our skin
- Alcohol-based sanitizers can dry out the skin
- Dry cracks in the skin can compromise the natural skin barrier
- Dry hands can lead to conditions such as dermatitis