Use these steps to avoid contaminating your hands after you clean them.

**Step 1:** Hold container in one hand and dispense enough gel or foam to cover both hands into the other hand.

**Step 2:** Close lid and store container before rubbing hands together.

**Step 3:** Rub for approximately 20 seconds, coating all surfaces of both hands, until hands feel dry.

**Step 4:** Go directly to patient or resident without putting hands back into pockets or touching anything else.