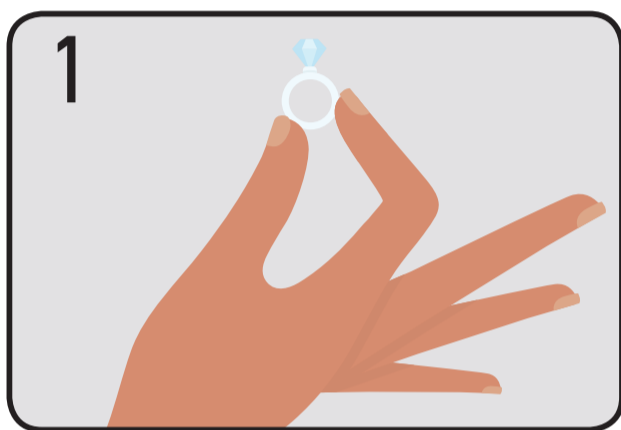


HOW TO SANITISE YOUR HANDS

Washing your hands with soap and water then using sanitiser is recommended. If soap and water are not available, applying sanitiser helps prevent the spread of germs.

FOLLOW THESE SIMPLE STEPS:



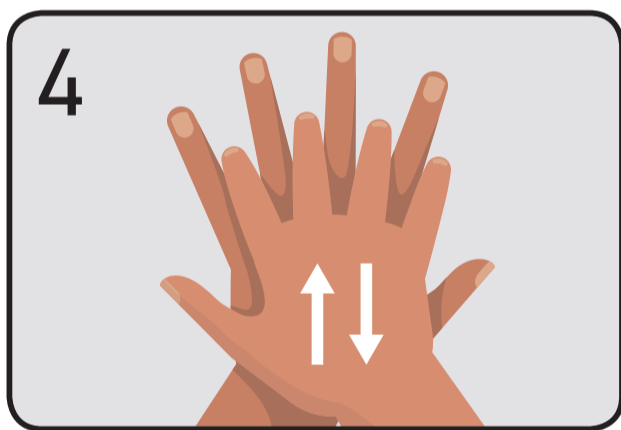
Remove any jewellery



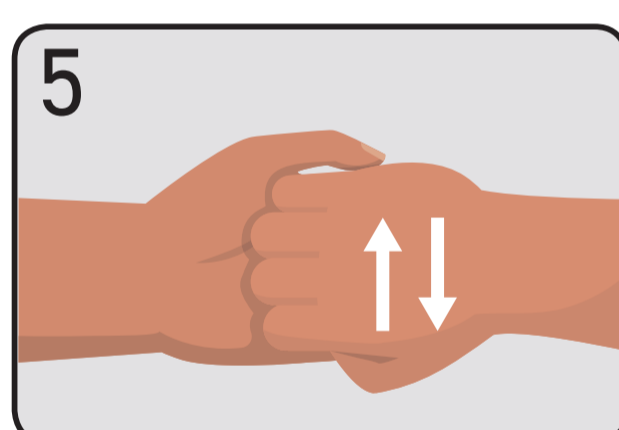
Dispense a dose of sanitiser into the palm of your hand



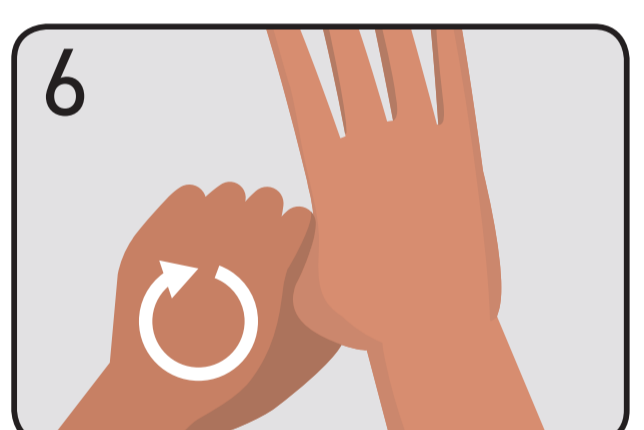
Rub hands palm to palm



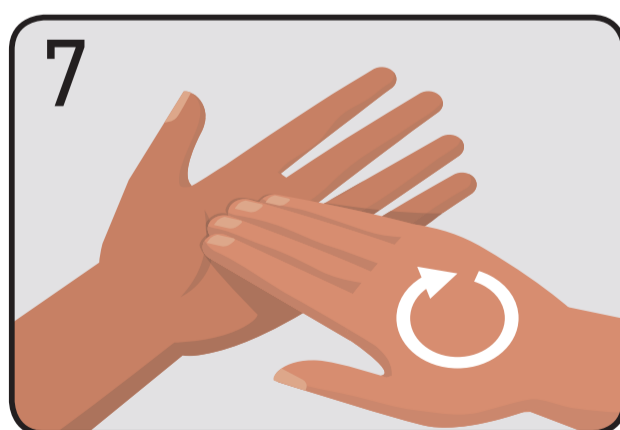
Fingers interlaced, rub palm to palm and then right palm to back of left hand and vice versa



Cusp back of fingers into opposing palm and rub side to side



Clasp right hand around left thumb and rub thumb in rotational manner and vice versa



Rub in a rotational manner backwards and forwards by placing finger tips of right hand in left palm and vice versa



Keep rubbing until hands are thoroughly dry

