

OUR RECOMMENDATIONS WHEN WASHING YOUR HANDS WITH HAND SANITISER



1 Use enough hand sanitiser.



2 Rub your palms thoroughly.



3 Rub the back of both hands.



4 Pay attention to the space between your fingers.



6 Rub the back of your fingers.



7 Wash your thumbs using a rotating movement.



9 Wash the tips of your fingers too.



Resuming activities **SAFELY**

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