



**SANITISE YOUR  
HANDS FOR AT  
LEAST 20 SECONDS.**



STEP

**1 PALM  
TO PALM**



STEP

**2 BETWEEN  
FINGERS**



STEP

**3 BACK OF  
HANDS**



STEP

**4 BASE OF  
THUMBS**



STEP

**5 BACK OF  
FINGERS**



STEP

**6 FINGERNAILS**



STEP

**7 WRISTS**



STEP

**8 ALLOW  
TO DRY**



**SCAN TO  
LEARN MORE**

