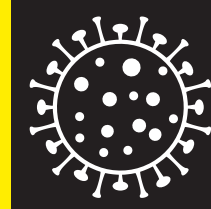


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

How to use hand sanitiser

- > Rub hands for hygiene
- > Remember washing with soap and water is still best (and essential if your hands are visibly dirty)



1. Apply
a squirt of sanitiser



2. Rub
your hands palm
to palm



3. Rub
between your fingers



4. Rub
the back of each hand



5. Clean
each thumb



6. Rub
your fingertips in
your palm



7. Once
dry, you're done!

Remember, hand hygiene helps
prevent COVID-19 spreading.

#holdfirm