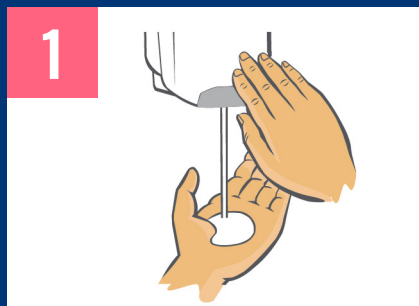


# BE PREPARED FOR GERMS DURING SPRINGTIME



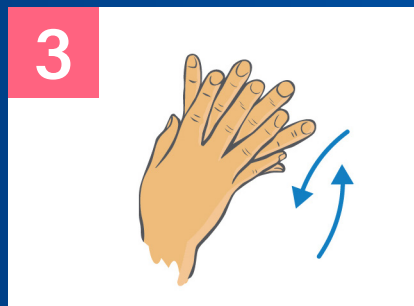
1

Apply 3ml of hand gel or foam to the palm of one hand.



2

Cover whole surface of hands, rubbing palm to palm.



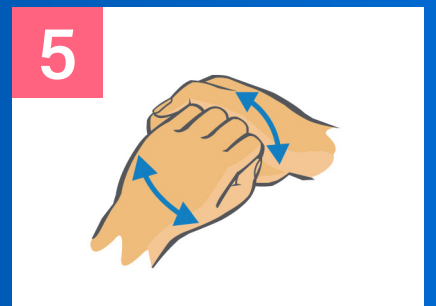
3

Spread hand gel or foam over the back of each hand with fingers interlaced.



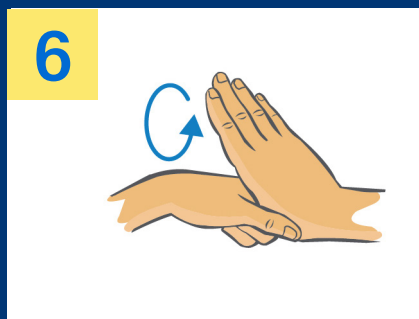
4

Rub palm to palm with fingers interlaced.



5

Grip the fingers on each hand and rub in a sideways back and forth movement.



6

Clasp each thumb in the opposite hand and rotate.



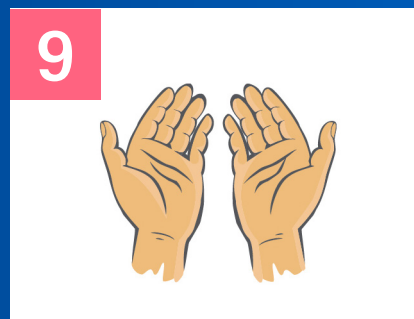
7

Press fingers into palm of each hand and rotate.



8

Rub each wrist with the opposite hand.



9

Once dry, your hands are safe.

Visit one of our Hand Hygiene points located throughout the hospital.