

GEL THE RIGHT WAY TO KEEP WINTER GERMS AWAY

Follow these nine simple steps to prevent the spread of harmful germs throughout the winter period.



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.