

# RUB EM GERMS AWAY

Keep yourself and others safe from sickness.  
Use hand sanitiser when you walk in this door  
and before you leave.

## 5 STEPS OF USING HAND RUB



1  
Squirt antiseptic  
onto hands



2  
Rub hands together



3  
Rub thumbs and  
between fingers



4  
Rub back of  
hands too



5  
Let hands dry

