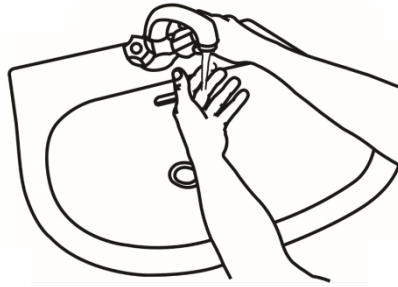
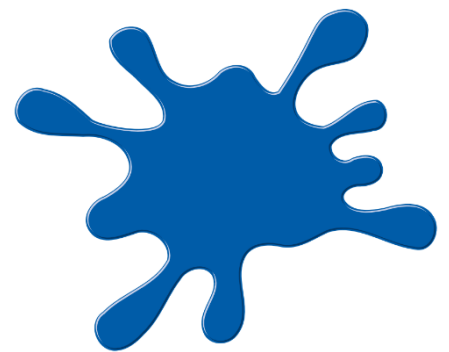


# How to Hand Wash

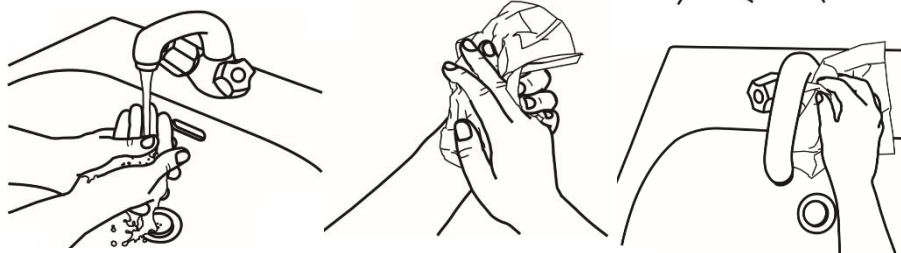
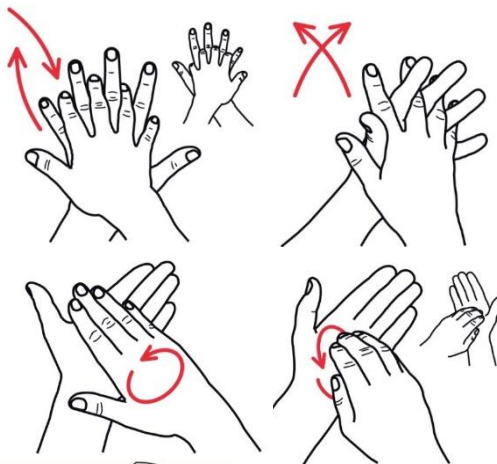
**Water  
First**



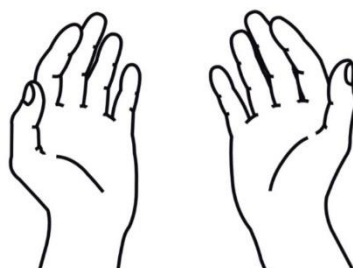
**Splodge  
Second**



**Lather  
Well,  
Rinse  
& Dry**



*(it takes up to 60 seconds for soaps to be most effective. Make sure you do the all over finger rub thing we've all been trained on and hum your favourite tune!)*



*Ta-da!*

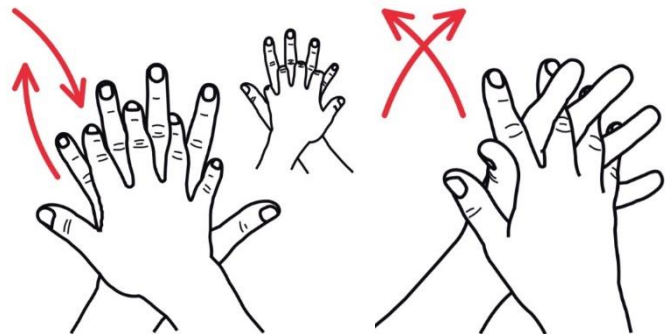
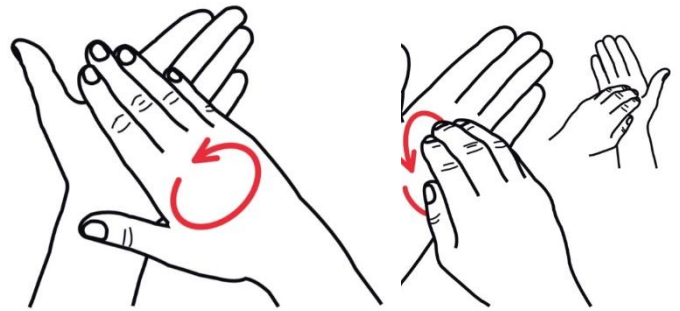
**It's Fun  
to Be  
Hygienic!**

# How to Hand Sanitise



## Rub Well

*(you know, that special hand cleaning all over rub we've been trained on, and go on, hum your favourite tune!)*



Ta-da!

## It's Fun to Be Hygienic!