GERMS MAKE YOU SICK
SANITIZE YOUR HANDS

1. Apply hand sanitizer
2. Scrub palm to palm
3. Palm to back
4. Thumbs
5. Between fingers
6. Knuckles to palm
7. Fingertips
8. Wrists

Scrub for at least 15 seconds.

Your hands are clean!

Find more handwashing resources at: www.germsmart.ca