GERMS MAKE YOU SICK
SANITIZE YOUR HANDS

Hand Sanitizing Steps:

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
Your hands are clean!

Rub hands for at least 15 seconds.

FIND MORE HANDWASHING RESOURCES AT: www.germsmart.ca

Saskatchewan Health Authority

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