



# One of the most important operations takes just 15 seconds.

Many germs can be spread by hand contact. Cleaning your hands regularly and thoroughly (for at least 15 seconds) with soap and warm water, or an alcohol-based hand rub, greatly reduces the risk of spreading infections such as colds, tummy bugs and healthcare associated infections. For more information visit [www.washyourhandsofthem.com](http://www.washyourhandsofthem.com)

Germs. Wash your hands of them.



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