



**It only takes 15 seconds to
wash your hands properly.**

Time well spent.

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

Germs. Wash your hands of them.

