



# It's not just your health that's at risk.

Many germs can be spread by hand contact. Cleaning your hands thoroughly and on a regular basis, 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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