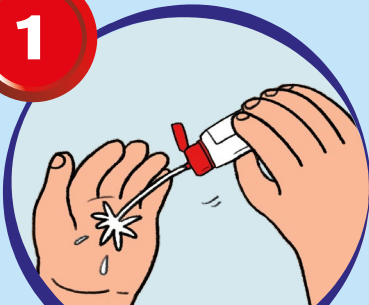


# Keeping safe with sanitiser

Soap and warm water are best! Just use sanitiser when you can't get to a sink.

1



First you splosh it,  
Got to splosh it

2



Now you palm it,  
Palm to palm it,  
Rub together, All together

3



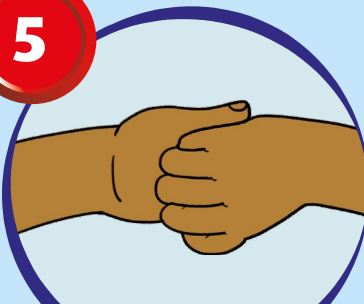
And do the backs,  
You're right on track

4



Next you lace it,  
In between it

5



Interlock it,  
Lock and roll it

6



Twist a thumb,  
Another one

7



Your fingertips,  
That's the trick

8



Let's see you wrist it,  
Go on twist it

9



And you're done,  
You bish, bash,  
boshed it!

If you're  
dry after 15  
seconds, you've  
not applied  
enough  
sanitiser

KEY  
TIMES



Before and after  
public transport



Before getting  
into a car



Before  
snacking