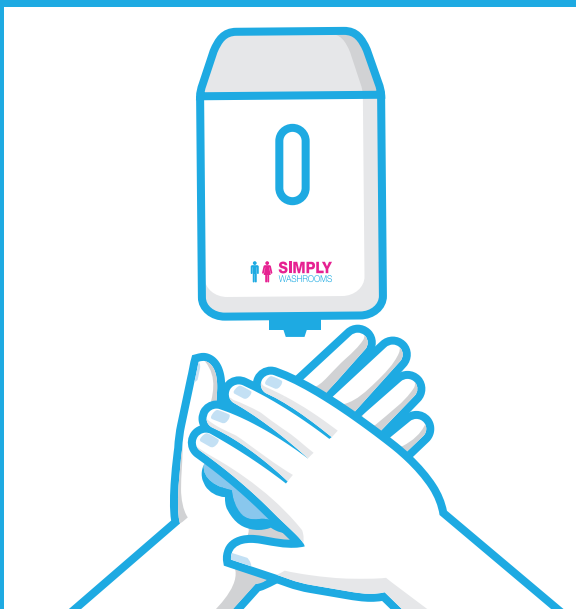


# EFFECTIVE HAND HYGIENE TO PREVENT THE SPREAD OF VIRUSES

With cases of COVID-19 Coronavirus continuing to rise, what can you do to slow down the spread?

The most effective way to stop the spread of viruses is to practice good hand hygiene. **Wash your hands regularly.**



If your hands are visibly dirty, thoroughly wash them with soap and running water for at least 20 seconds.



If your hands are not dirty, clean and sanitise them frequently with an alcohol-based hand sanitiser.



**For further advice on your hygiene control measures contact our customer care team:**

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