COUGH AND SNEEZE INTO UPPER ARM, SAVE YOURSELF AND SAVE OTHERS!!

icddr,b

USE HAND SANITIZER AT SCHOOL, STOP GERMS AND BE HEALTHY!!

5 Key times for sanitizer use

1 On arrival at school

2 After coughing and/or sneezing

3 Before having any food

4 After toilet/washroom use

5 When leaving school at the end of the day

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How to clean your hands using hand sanitizer

1 Put a coin size drop of sanitizer on your palm

2 Rub hands palm to palm

3 Rub the back of the hand with the palm of the other hand

4 Clean the nails with sanitizer from the palm of the other hand

5 Clean between the fingers with sanitizer

6 Rub hands with sanitizer and surface together untill dry

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