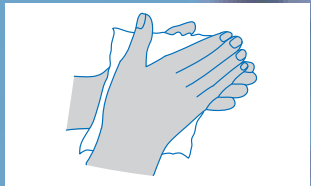
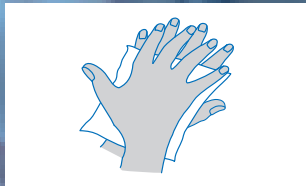


# clinell®

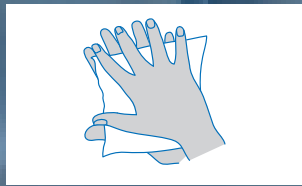
## The most effective way to wash your hands:



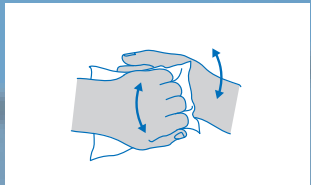
Rub your hands palm to palm.



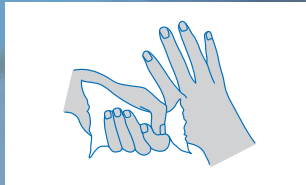
Rub the back of each hand with the palm of the other hand with fingers interlaced.



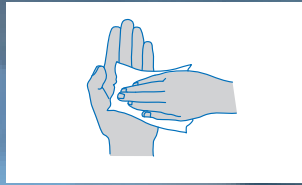
Rub palm to palm with fingers interlaced.



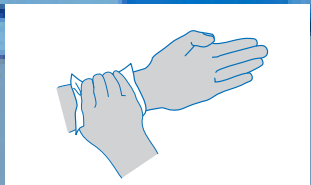
Rub with the backs of your fingers to opposing palms with fingers interlocked.



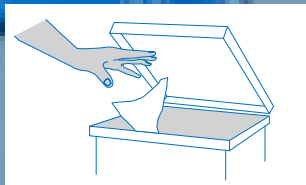
Rub each thumb clasped in the opposite hand using rotational movement.



Rub the tips of your fingers in the opposite palm in a circular motion.



Rub each wrist with the opposite hand.



Discard the wipe in the appropriate waste bin at your bed side.

Effective against  
coronavirus in  
60 seconds

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healthcare

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## Your hand hygiene is important to us.

The average person has 150 different types of bacteria living on their hands. You will get two hand wipes at every mealtime in order for you to clean your hands **BEFORE** and **AFTER** eating to prevent spread of microorganisms.



If you have trouble opening the wipes, please ask a member of staff.

Use biocides safely. Always read the label and product information before use.  
Wilkinson et al. J Hosp Infect. 2018;98(4):339-44.

JBN200314

Full product information at:  
[www.gamahealthcare.com](http://www.gamahealthcare.com)