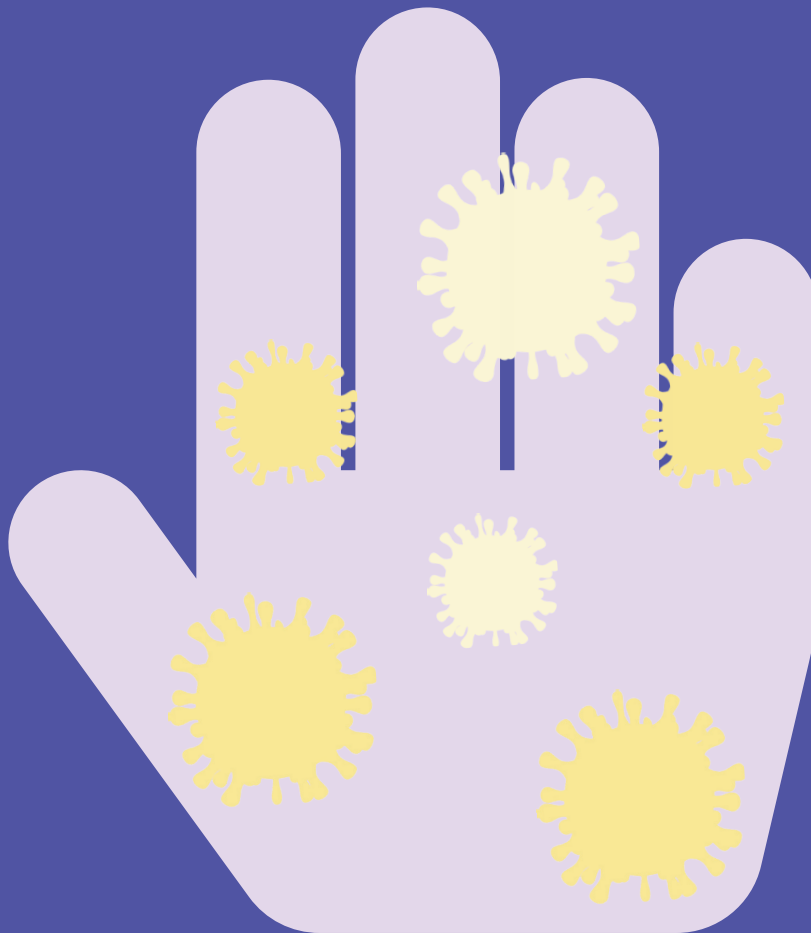




You make me sick.

Bacteria, that is...

A typical office worker's hands come into contact with 10 million bacteria every day.



Keep your hands clean to reduce the spread of infection...

Wash your hands

For at least 20-30 seconds with hot running water & soap, then dry thoroughly

OR

Use hand sanitiser

Use alcohol-based hand sanitiser that contains at least 60% alcohol if soap & water are not available