



**CITY IN THE
COMMUNITY**



OFFICIAL PARTNER OF CITY IN THE COMMUNITY

Hand Wash High Five

with Carex, The UK's No.1 Hand Wash brand

Muddy hands? Sticky fingers? Washing your hands correctly is a great step towards stopping germs spreading, and staying clean and healthy. Teach the whole family the best hand washing technique and make sure they wash their hands properly, with Carex.



First

Wet your hands with water and use enough Carex liquid hand wash (*that's about 2 good pumps!*) To create soapy bubbles all over!



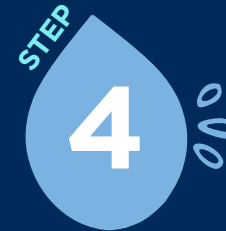
Remember

To rub all skin surfaces including wrists, palms, backs of hands, fingers and under your finger nails.



Set your timer

And rub your hands together for *at least 15 seconds* to make lots of soapy bubbles.



Rinse

Make sure you rinse your hands thoroughly with water before drying them.



Finally

Grab a towel - it's time to dry - then you can enjoy that *sparkly clean* hands feeling!

