

# To help stop the spread of germs, hand hygiene technique is vital

Hand sanitizer gel is being provided, please use it.

- 1 Apply a palmful of the gel hand sanitizer so that it covers all surfaces of your hands.
- 2 Then, rub your hands until they are dry.

FOR UPDATES ON HINI PLEASE VISIT:

[www.otago.ac.nz/news/swineflu.html](http://www.otago.ac.nz/news/swineflu.html)

