



Hand Hygiene

Throughout the COVID-19 Pandemic

HAND WASHING IS THE MOST IMPORTANT THING YOU CAN DO TO PREVENT THE SPREAD OF DISEASE

When?

- 1 Regularly
- 1 After blowing your nose, coughing, or sneezing
- 1 After using the bathroom
- 1 Before, during and after preparing & eating food
- 1 Before & after caring for someone at home who is sick
- 1 After handling dirty laundry
- 1 Handling bodily fluids
- 1 Arriving from home or leaving work

How?



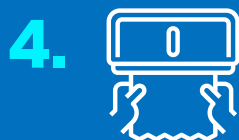
Rinse hands thoroughly



Apply soap



Lather for over 20 seconds



Paper towel or air dry

or



If no soap & water, apply an alcoholbased sanitiser