

clean hands are safe hands: protect yourself & others from getting sick

When to wash your hands

- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste

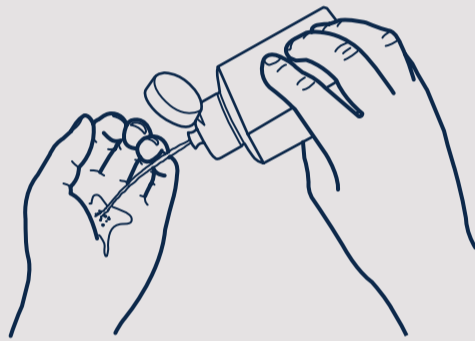
Remember

Cover your mouth and nose with a tissue when you cough or sneeze
or
Cough or sneeze into your upper sleeve, not your hands.

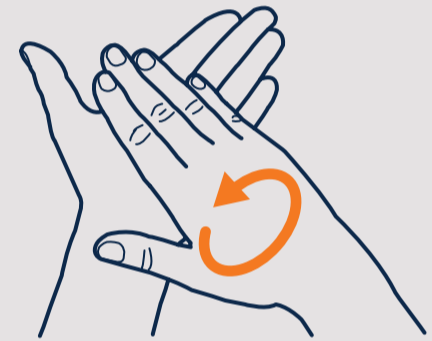
How to rub your hands for hand hygiene



Wet your hands with hot or cold clean running water. Turn off the tap.



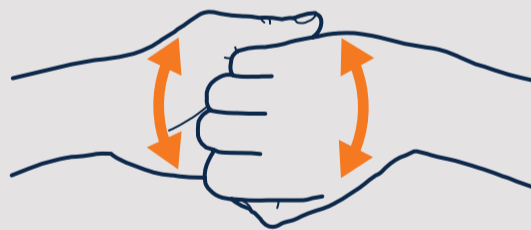
Apply a palmful of soap or sanitiser to your cupped hand.



Rub hands palm to palm to spread the soap over all surfaces.



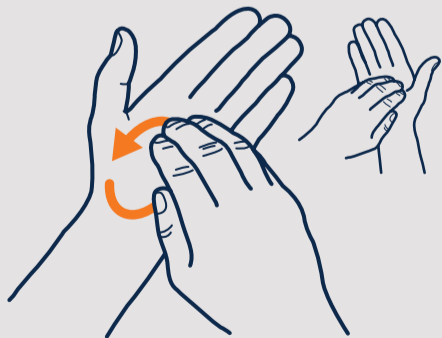
Interlacing your fingers, rub soap onto back and front of hands.



Rub backs of fingers to opposing palms with fingers interlocked.



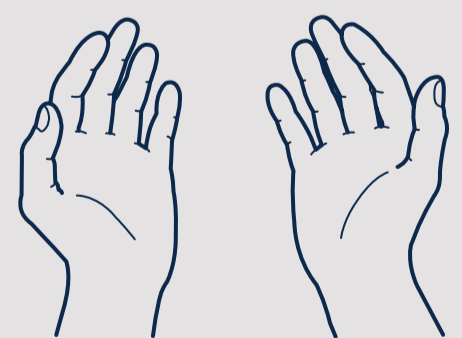
Clasp thumb and rub by rotating. Repeat on other hand.



With clasped fingers, rub backwards and forwards in palm. Repeat on other hand.



Rinse your hands under clean running water.



Dry your hands with a clean towel or air-dry them. Once dry, your hands are safe.

