

Hand Hygiene

Keep your hands clean to help avoid falling ill and spreading germs to others. Your best option is to wash your hands with soap and warm, clean running water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser to clean your hands.



When should you wash your hands?

- Before preparing or eating food
- After going to the toilet
- After changing nappies or cleaning up a child who has gone to the toilet
- Before and after tending to someone who is ill
- After blowing your nose, coughing or sneezing
- After handling an animal or animal waste
- After handling rubbish
- Before and after treating a cut or wound