

HANDWASHING

Washing your hands properly is a way to help protect yourself and your loved ones from illnesses like coronavirus and food poisoning.

A quick splash 'n dash doesn't get your hands properly clean

HANDS SHOULD BE WASHED:

- after coughing, sneezing or blowing nose
- before handling cooked or ready-to-eat food and after handling or preparing raw food
- after handling waste
- after cleaning duties
- after using the toilet
- after eating, drinking or smoking
- after handling money
- generally, on a regular basis



1 SOAP & WATER Wet your hands thoroughly under warm running water and apply soap to them



2 RUB Rub your hands together to make a lather. Spread it over all areas of your hands and wrists, making sure it covers your palms, the backs of your hands, your wrists, your fingers and fingernails. Rub between each finger and round your thumbs. It's this action which helps the soap dislodge and remove dirt and germs. Do this for at least 20 seconds.



3 RINSE Rinse the soap off completely under a stream of clean running water.



4 DRY Dry your hands thoroughly, using a clean hand towel or hand dryer, not a tea towel or your clothes.

