

CLEAN HANDS



Washing your hands is one of the easiest and most effective ways to prevent infection. From the telephone to the toilet, your computer keyboard to the escalator rail, germs are everywhere and chances are they'll end up on your hands.

While you can't wear protective gloves all the time, you can wash your hands regularly and properly. Washing hands is like a DIY vaccine that involves just five simple steps – wet, lather, scrub, rinse, dry – to reduce the spread of diarrhea and respiratory illnesses so you can stay healthy.



6 CLOSE tap with paper.

1. **WET** your hands with clean running water (warm or cold), turn off the tap and apply soap.
2. **LATHER** with soap. Be sure to include the backs of your hands, between your fingers and under your nails.
3. **SCRUB** for about 20 seconds.
4. **RINSE** well under clean running water.
5. **DRY** your hands using a clean towel, or air-dry them.
6. **CLOSE** tap with paper.

Soap and water is the most effective method of cleaning your hands, however, you can use an alcohol-based hand sanitiser if soap and clean water are not available. Remember, hand sanitisers are not effective when hands are very dirty or greasy.