

# CLEAN HANDS

## The first step to better hygiene



PLATINUM  
HEALTH

Washing your hands is one of the easiest and most effective ways to prevent infection. It is especially important with the COVID-19 pandemic in our midst, to keep your hands clean at all times!

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. To prevent infections you should wash your hands regularly and thoroughly.

Washing hands involves five simple steps – wet, lather, scrub, rinse, dry – to reduce the spread of diarrhea and respiratory illnesses so you can stay healthy.

- 1 **WET** your hands with clean running water (warm or cold), turn off the tap and apply soap.
- 2 **LATHER** with the 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 towel.



Soap and water are the most effective method of cleaning your hands, however, you can use an alcohol-based hand sanitizer with at least 70% alcohol if soap and clean water are not available.

Remember, hand sanitisers are not effective when hands are very dirty or greasy.

5 May is World Hand  
Hygiene Day

