## CLEAN HANDS

## The first step to better hygiene



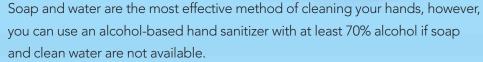
Washing your hands is one of the easiest and most effective ways to prevent infection. It is especially important with the COVID-19 pandemic in our midst, to keep your hands clean at all times!

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 was 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.





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

5 May is World Hand Hygiene Day

