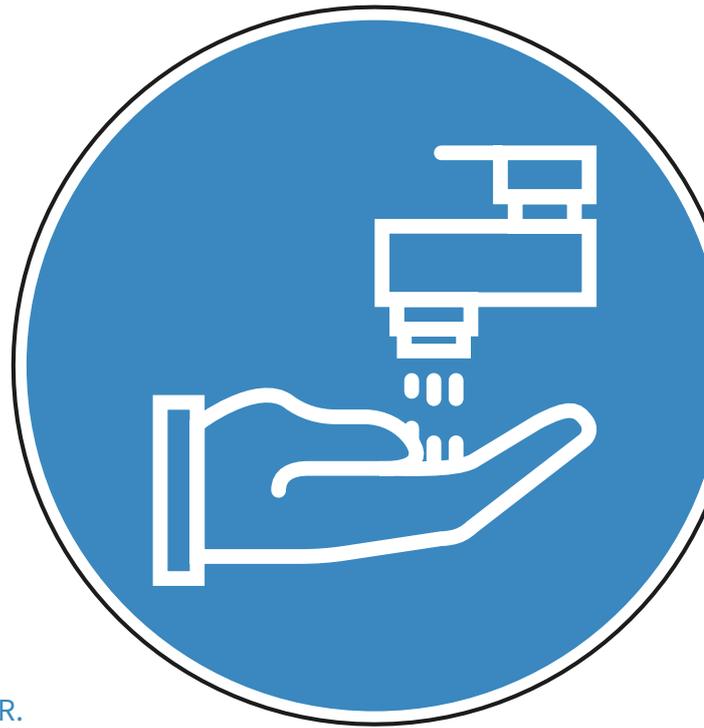


# WASH YOUR HANDS

HELP PREVENT THE SPREAD OF GERMS AND DISEASES BY  
WASHING YOUR HANDS REGULARLY WITH SOAP AND WATER.



## *WHEN SHOULD I WASH MY HANDS?*

### **AS A MINIMUM, WASH YOUR HANDS:**

- if your hands are dirty
- before (preparing) food and after touching raw meat
- after a visit to the bathroom
- after coughing or sneezing in the hands (Tip: sneeze or cough into your elbow!)
- after blowing your nose
- after changing a child's nappy
- after stroking or handling pets
- after cleaning, or after using a dishcloth

## *HOW SHOULD I WASH MY HANDS?*

### **FOLLOW THESE STEPS:**

- wet your hands thoroughly
- use liquid soap from a pump
- rub hands together long enough to make sure all areas are covered with soap
- thoroughly wash each finger, in between the fingers, and the wrists
- rinse hands carefully with running water
- dry your hands thoroughly, not forgetting the skin between the fingers

Use paper towels to dry your hands.