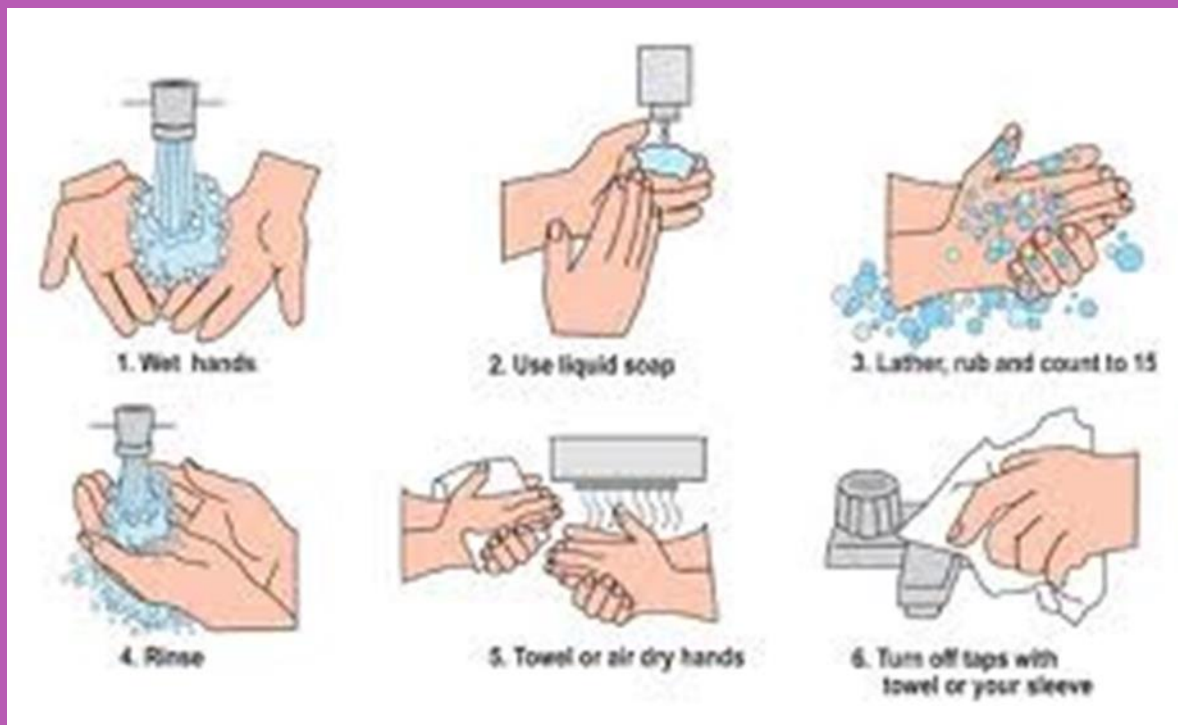


Hand washing

To keep ourselves healthy and to stop viruses/infections spreading, we must all wash our hands, it may sound simple but many of us don't wash our hands properly or for long enough. So below is the proper technique and information about when to wash our hands.

5 Steps for Proper hand washing as per the Department of Health guidelines

1. **Wet hands**
2. **Apply soap; RUB for at least 20 seconds; starting with your palms, the back of your hands, between the fingers, the back of your fingers, your finger trips and last but not least your thumbs.**
3. **Rinse with Water**
4. **Dry with Paper Towel**
5. **Use paper towel to turn off faucet and dispose of the paper towel**



When to wash our hands as per the Department of Health guidelines

- 1. Before eating and preparing food**
- 2. Before touching our eyes, nose and mouth**
- 3. After using the toilet**
- 4. After coughing or sneezing**
- 5. After touching public equipment**
- 6. When hands are physically dirty**