

Help Prevent Infection

WASH YOUR HANDS

Wash for at least 20 seconds



1 Remove all jewellery and wet hands with warm water



2 Apply soap to hands



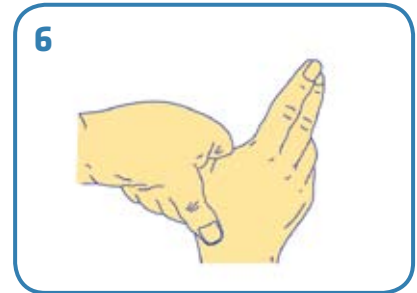
3 Rub hands together



4 Cover all surfaces of the hands and fingers



5 Clean knuckles, back of hands and fingers



6 Clean the space between the thumb and the index finger



7 Clean the fingernails by working the fingertips into the palms



8 Rinse well under warm running water



9 Dry with a disposable paper towel, then use the towel to turn off the tap

When should I wash my hands?

- Before, during and after food preparation
- Prior to eating
- After using the toilet
- After touching animals or animal waste
- After touching the nose or mouth
- Prior to handling contact lenses
- After changing nappies
- Whenever hands are dirty



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