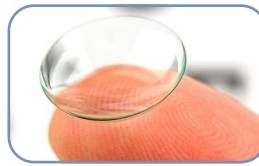


WHEN should you clean your hands?

BEFORE

- Preparing, serving or eating food/drinking drinks.
- * Taking or giving medication
- * Doing first aid
- * Putting creams, lotions or make-up on your face
- * Handling contact lenses
- * Smoking



And AFTER

- * Using the toilet
- * Coughing or sneezing into your hand
- * Using a tissue
- * Preparing, serving or eating food/drinking drinks.
- * Petting, feeding or caring for an animal
- * You arrive home
- * Smoking



Cleaning your hands is not limited to these times!

You should also clean your hands if you think you have contaminated your hands another way OR if they are visibly soiled!



How to Clean Your Hands

Alcohol Based Hand Rub (ABHR)

- ⇒ Apply a nickel-sized amount (or 1-2 pumps) of hand rub into palms of dry hands
- ⇒ Rub product into hands
- ⇒ Palm to palm
- ⇒ Rub fingertips of each hand in opposite palm
- ⇒ Between and around fingers
- ⇒ Rub each thumb clasped in opposite hand
- ⇒ Rub back of each hand with opposite palm
- ⇒ Don't forget the wrists!
- ⇒ Rub hands until dry
- ⇒ *DO NOT WIPE OFF*



Soap & Water

- ⇒ Wet hands under warm running water
- ⇒ Apply soap and distribute over hands
- ⇒ Rub hands together vigorously for 15 seconds to create a good lather
- ⇒ Palm to palm
- ⇒ Rub fingertips of each hand in opposite palm
- ⇒ Between and around fingers
- ⇒ Rub each thumb clasped in opposite hand
- ⇒ Rub back of each hand with opposite palm
- ⇒ Don't forget the wrists!
- ⇒ Rinse hands thoroughly under warm running water
- ⇒ Pat hands dry with a paper towel
- ⇒ Turn off faucet using a paper towel

