

Protect yourself and your family from infection: Wash your hands!!!!



Handwashing remains one of the single most important actions that we can take to protect ourselves, and our families, from germs that can cause infection.

Simple handwashing removes most germs effectively. But one must use soap, and one must wash the hands with soap for 30 seconds. The 6 movements below, done thoroughly, will take 30 seconds!

Soap and water is a great weapon against the invisible intruders that we pick up on our hands during our daily activities. These include germs (bacteria and viruses) and also the eggs of intestinal worms which hide in the wrinkles in our hands and under the nails.

Help protect yourself and your family:

Wash your hands before ...

- preparing food
- eating food

Wash your hands after

- handling raw meat
- using the toilet
- changing a nappy
- emptying or even touching rubbish bins
- using cleaning cloths
- touching any animals
- working in the garden
- cleaning up blood or vomit

Six easy steps to clean hands

Before you begin, wet your hands under running water, apply soap and then follow these six steps, rubbing the hands together quickly and firmly for around 30 seconds altogether.



Rub palm to palm



Rub the back of both hands



Rub palm to palm interlacing the fingers



Rub the backs of fingers by interlocking the hands



Rub the thumbs



Rub palms with fingertips

When your hands are clean rinse your hands under running water, and dry thoroughly