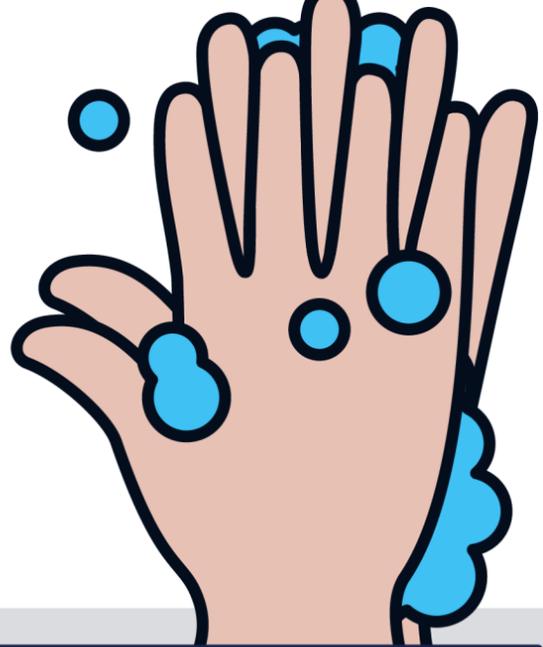
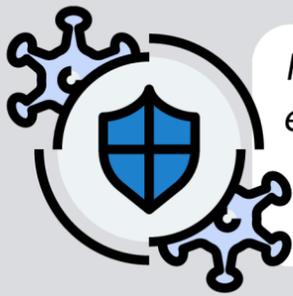


Did you know ?

Washing your hands frequently can help to protect you and your loved ones from infections



Why should we wash our hands frequently?



Keeping our hands clean is one of the simplest and most effective ways to stop the spread of bacteria and viruses. By cleaning our hands regularly, we can prevent these germs from causing infections or spreading to others.

To protect yourself and others, clean your hands...



Before eating or preparing food



After using the bathroom



After coughing or sneezing



After blowing your nose



Before and after using highly shared items



After being in crowded places



After using public transport



After touching animals or handling their waste



After touching garbage



After cleaning

When washing your hands...



Rub your hands together to cover all areas, including the palms and backs



Don't forget to clean between your fingers and under your nails!



Keep rubbing for at least 20 seconds



Some things to remember...



Alcohol-based handrub (or hand sanitiser) is a fast and effective way to clean your hands when soap and water are not available



Choose a handrub with at least 60% alcohol and keep a small bottle handy in your bag, on your desk or in your car



Make it a habit to clean your hands, especially when you are away from home



Do not rely only on alcohol handrub when your hands are visibly dirty or greasy, after using the bathroom and before or after handling food



SPREAD THE WORD: THE POWER OF HAND HYGIENE

When you clean your hands regularly, you help to stop the spread of various infections to others, especially those who are more vulnerable, like children, older persons and people with weak immune systems.