

World Hand Hygiene Day

05 May 2021



Seconds Save Lives – Clean Your Hands!

ROUTINELY:

Key times to wash your hands

- **Before**, during, and after preparing food.
- **Before** and after eating food.
- **Before** taking medicine.
- **Before and after** caring for a sick person.
- **Before and after** treating a cut or wound.
- **After** using the toilet.
- **After** changing nappies or cleaning up a child.
- **After** blowing your nose, coughing, or sneezing.
- **After** touching an animal, animal food, or animal waste.
- **After** touching rubbish.



COVID-19:

Key times to wash your hands

To prevent the spread of germs, wash your hands with soap and water for at least 20 seconds to clean hands **BEFORE and AFTER:**

- **Touching** your eyes, nose, or mouth.
- **Touching** your mask.
- **Entering and leaving** a public place.
- **Touching** an item or surface that may be frequently touched by other people.



If water and soap are not available, then use a hand sanitizer with at least 60% alcohol (read the product label).

Hand washing is one of the best ways to protect yourself and your family from getting sick!

Adapted from: www.cdc.gov/handwashing/when-how-handwashing.html

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FIVE STEPS:

Wash your hands the right way

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean/paper towel or shake dry.



THREE STEPS:

Be wise and sanitize

1. **Apply** the alcohol-based (at least 60%) hand sanitizer to the palm of one hand (read the product label to learn the correct amount).
2. **Rub** your hands together.
3. **Rub** the gel over all the surfaces of your hands and fingers until your hands are dry. This should take about 20 seconds.



CAUTION! Swallowing alcohol-based hand sanitizers can cause poisoning if more than a couple of mouthfuls are swallowed. **Keep it out of reach of young children and supervise their use.**

Make clean hands your habit – it protects us all!

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