

WASH HANDS TO PROTECT YOURSELF FROM INFECTION



**WASH YOUR HANDS EVERY TIME
YOU USE THE TOILET**

**WASH YOUR HANDS EVERYTIME
YOU COUGH OR SNEEZE**



EVERY TIME YOU WASH YOUR HANDS

USE SOAP AND COUNT TO 20

**DRY HANDS WITH A PAPER SHEET OR
TOWEL.**

WASH HANDS TO PROTECT YOURSELF FROM INFECTION



AFTER COUGHING OR SNEEZING -

**DO NOT TOUCH YOUR EYES WITH
YOUR FINGERS**

**DO NOT TOUCH YOUR NOSE WITH
YOUR FINGERS**

**DO NOT TOUCH YOUR MOUTH WITH
YOUR FINGERS**



IF NO SOAP

**USE A HAND SANITISER OUTSIDE OF
THE HOME**

**USE HAND SANITISER WHEN OUT
SHOPPING**

**WHEN YOU RETURN HOME WASH
YOUR HANDS WITH SOAP**

**HERE IS A LINK TO A VIDEO SHOWING HOW TO
WASH HANDS TO HELP PROTECT YOU FROM IN-
FECTION** <https://youtu.be/bQCP7waTRWU>