

Hand Hygiene

9 easy steps to effective handwashing

Why

Washing your hands helps prevent the spread of bacteria and diseases.

Many surfaces are not free from contaminants or germs.

Some people do not wash their hands after using the restroom.



Thorough handwashing is especially crucial for individuals who:

- Handle, serve, or prepare food, even at home.
- Are experiencing stomach upset or illness.
- Provide care for young children, the elderly, or individuals with disabilities.

How



Warm water



Soap



Palms



Fingers



Under nails



Thumbs



Wrists



Rinse



Dry & switch tap off with a paper towel if possible. And cover any cuts.

When

Washing your hands before and after certain activities is essential. The examples below highlight some key situations when handwashing is necessary, though this list is not comprehensive.

- Preparing, handling, or serving food
- Eating, drinking, or smoking
- Caring for a patient
- Inserting or removing contact lenses
- Using the toilet
- After coughing or sneezing
- When hands are visibly dirty
- During or after cleaning tasks
- After contact with surfaces, chemicals, animals, raw meat, sick individuals, or waste

