

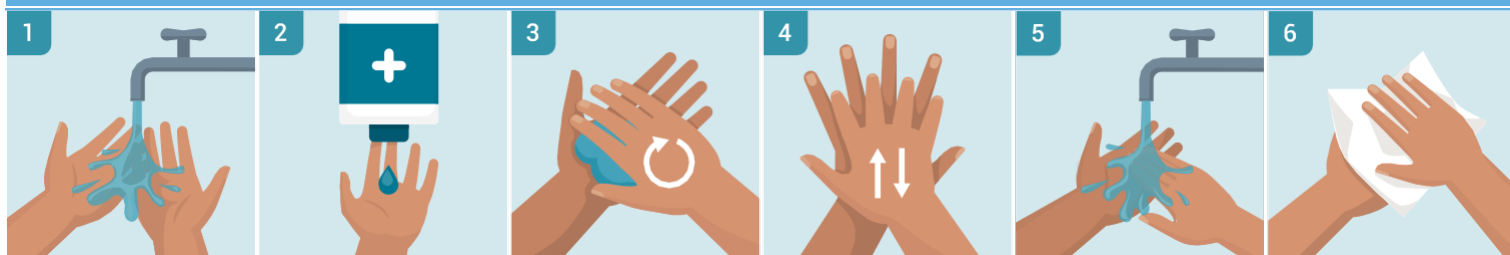
WASH

WIPE

COVER



HOW TO WASH YOUR HANDS PROPERLY



1 Use soap and running water (warm to touch).

2 Wet hands thoroughly and lather with soap.

3 Rub hands together for 15 to 20 seconds as you wash them.

4 Pay attention to the backs of hands, wrists, between fingers and under fingernails.

5 Rinse hands well under running water.

6 Dry hands with a single use disposable paper towel or a clean towel.

Note: Use an alcohol-based hand sanitiser between handwashing or when necessary (*test first to ensure your skin doesn't react to the sanitiser*).

WIPE DOWN

Wipe down all frequently touched surfaces regularly (e.g. shared equipment, telephones, computer keyboards, door handles).

Make sure all food preparation surfaces are kept clean.

Use a cleaning cloth dampened with detergent for wiping down all surfaces.

COVER UP



Cover a cough or sneeze with a tissue or your arm, not with your hands. This way you avoid getting germs on your hands, reducing the spread of infection.



Drop used tissues immediately into a rubbish bin, and then wash your hands.



If you do cough or sneeze into your hands, wash them immediately. Remember to turn away from others when you cough or sneeze.