Washing your hands
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• Use soap and running water
• Wash hands for at least 20 seconds
• Dry hands thoroughly with air dryer or paper towel after washing
• If soap and water is not available, use alcohol-based hand rub
Washing your hands

- When you arrive at work
- When you arrive home
- After getting off public transport
- Before, during and after preparing food
- Before and after eating food
Washing your hands

• After sneezing or coughing
• After using the toilet
• During daily activities where you are touching many surfaces
• If you are caring for someone who is unwell