

# Hand hygiene and health

One of the best ways to prevent you from getting sick is to wash your hands *regularly and properly*

## How to wash your hands

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Remove jewellery and cover abrasions
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Wet hands with warm water, then apply soap
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Lather & rub for 20 seconds  
*(count out loud if it helps!)*
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Rinse hands under running water
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Dry hands with clean towel

**While washing your hands, pay particular attention to the backs of hands and fingers, fingernails, fingertips and the webbing between your fingers**

## When to wash your hands

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Before and after preparing food or medication
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After using the toilet
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If your hands are visibly dirty
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After coughing or sneezing
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Before and after personal contact
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After using public transport
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After smoking
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After touching a commonly-used or public surface
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Before and after leaving the house
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After coming into contact with another person or pet