

Best Practice: Hand Wash

Effective hand washing is the most important and easiest way to prevent the spread of illness.

Wash and dry or sanitise your hands frequently.

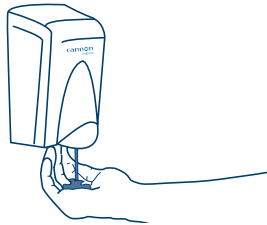
Always wash or sanitise your hands before and after preparing and eating food or smoking; after coughing, sneezing or visiting the toilet.



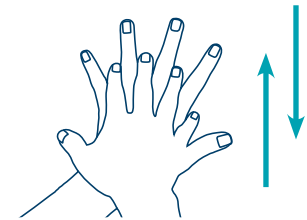
Duration of the entire procedure: about 40 - 60 seconds



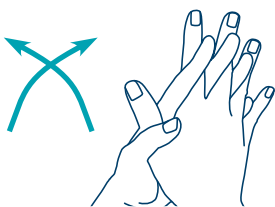
1. Wet hands with water.



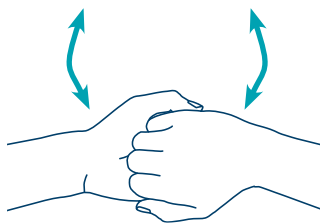
2. Apply enough soap to cover all hand surface and rub hands palm to palm up to and including wrists.



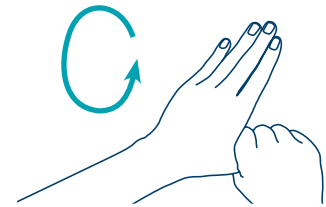
3. Right palm over back of left with linked fingers and vice versa.



4. Palm to palm with linked fingers.



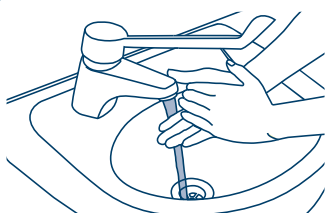
5. Backs of fingers to opposing palms with fingers interlocked.



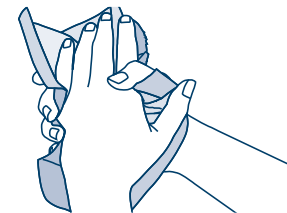
6. Rotational rubbing of left thumb held in right palm and vice versa.



7. Rotational rubbing with closed fingers of right hand in left palm and vice versa.



8. Rinse hands well with water.



9. Dry hands with paper towel. Turn off tap with paper towel. Your hands are clean.