CORONAVIRUS

COVID 19

EXPOSURE REDUCTION

HAND WASHING

PREVENT THE SPREAD OF INFECTION

Proper hand hygiene is the number one way to reducing the risk of infection. It's important to wash hands frequently and properly with soap and water for at least 20 seconds.

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Recommended by the

NHS

- Soap and water is the best and oreferred method of correct hand hygeine
- Hands should be washed for at least 20 seconds. An easy way to keep you on track is to sing Happy Birthday twice.
- An acceptable alternative to hand washing is to use an alcohol based sanitiser, with at least 60% alcohol. When possible use hand washing as the preferred method.
- If using hand sanitiser hands should be rubbed together until the product has fully dried.

01. Wet hands under running water

02. Apply soap and rub palms together to ensure complete coverage

03. Spread the soap over the back of the hands

04. Make sure the soap gets in between the fingers

05. Grip the fingers on each hand

06. Pay particular attention to the thumbs

07. Press fingertips into the palm of each hand

08. Dry thoroughly with a disposable paper towel

merry maids