



Soap and Water



Gel

<p>Toilet</p> 		
<p>Eating</p> 		
<p>Visiting patients</p> 		
<p>Medical visits</p> 		
<p>Coughs & sneezes</p> 		

GENERAL HAND HYGIENE

It's good to get into the habit of washing hands regularly particularly:

- after using the toilet / changing nappies
- after touching animals or animal waste
- after handling rubbish
- before meals
- before and after preparing food and drinks
- after blowing your nose, coughing or sneezing
- when hands look or feel dirty