

# HAND HYGIENE



**Soap and water**                      **Alcohol hand rub**

<b>Toilet</b>			
<b>Eating</b>			
<b>Visiting patients</b>			
<b>Medical visits</b>			
<b>Coughs &amp; sneezes</b>			

## 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
- after gardening
- before meals
- before and after preparing food and drinks
- after blowing your nose, coughing or sneezing
- when hands look or feel dirty