



# HAND WASHING

Wash your hands with soap and running water when hands are visibly dirty.

If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water



Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals of animal waste

Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue

Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick

