
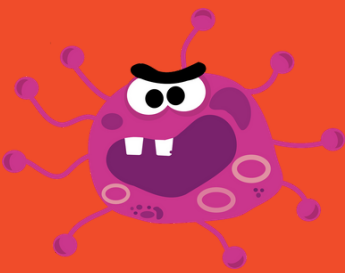


5 HANDWASHING FACTS TO HELP REDUCE THE SPREAD OF FLU AND OTHER ILLNESSES



1. WHY WE WASH

Improving **hand hygiene** is one of the most important steps in **preventing sickness and the spread of germs.**



2. HOW GERMS SPREAD

Germs from unwashed or poorly washed hands can be transferred to objects like handrails, door handles and table tops. **Germs can get into your body** when you touch your eyes, nose or mouth.



3. DID YOU KNOW?

While **hand sanitisers** are helpful and will quickly reduce the number of germs on your hands, they **won't eliminate all types.** Handwashing is the gold standard.



4. WHEN TO WASH

- Before** eating or preparing food.
- Before** and **after** treating a wound.
- Before** and **after** caring for a sick person.
- After** coughing, sneezing or blowing your nose.
- After** touching an animal or animal food.
- After** using the toilet.
- After** touching a bin.



5. HOW TO WASH

- Wet** your hands and apply soap.
- Lather** front and back of hand.
- Scrub** for at least 20 seconds (sing Happy Birthday twice!)
- Rinse** well.
- Dry** in a clean towel, paper towel or using a hand dryer.