

Correct hand washing techniques

For Adult hand washing - Please see link:

<https://public.3.basecamp.com/p/RTp3RcZS2T1iTAscFkmmqucu>

For Children's hand washing – please see link:

<https://www.youtube.com/watch?v=EfQvLT0sKNc&feature=youtu>



Wash your hands properly and often:

✓ After coughing or sneezing



✓ Before and after eating



✓ Before and after preparing food



✓ After toilet use



✓ If your hands are dirty



✓ Before having a cigarette or vaping



✓ If you have touched animals



✓ When you arrive and leave buildings, your home or someone else's home



✓ Before and after being on public transport



Useful tips:

- ✓ Use hand sanitiser if you do not have access to warm running water
- ✓ Clean surfaces regularly with anti-bacterial wipes
- ✓ When shopping use the alcohol gel that is provided at the entrances