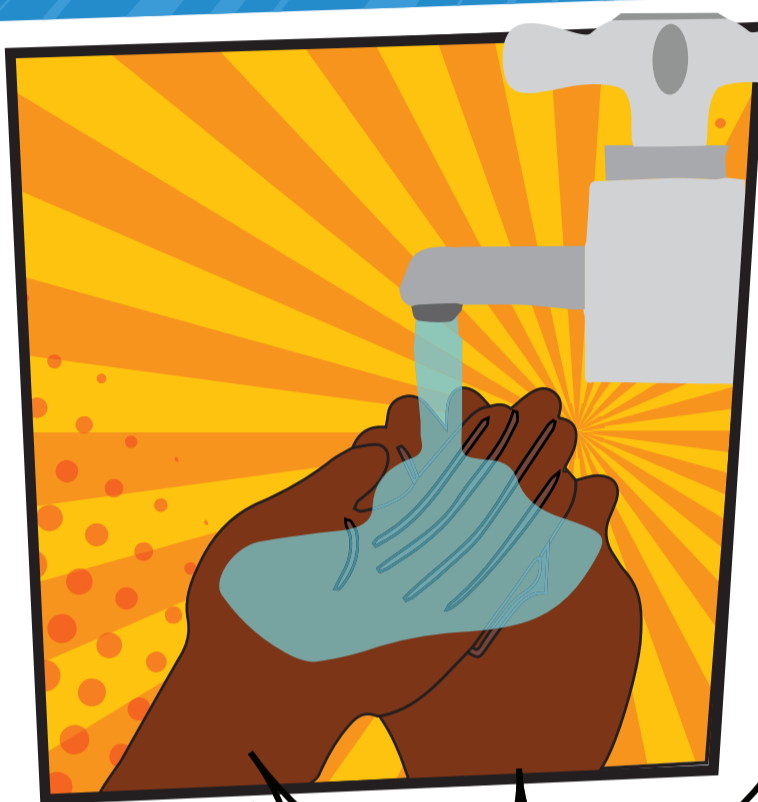


# WASH YOUR HANDS

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK

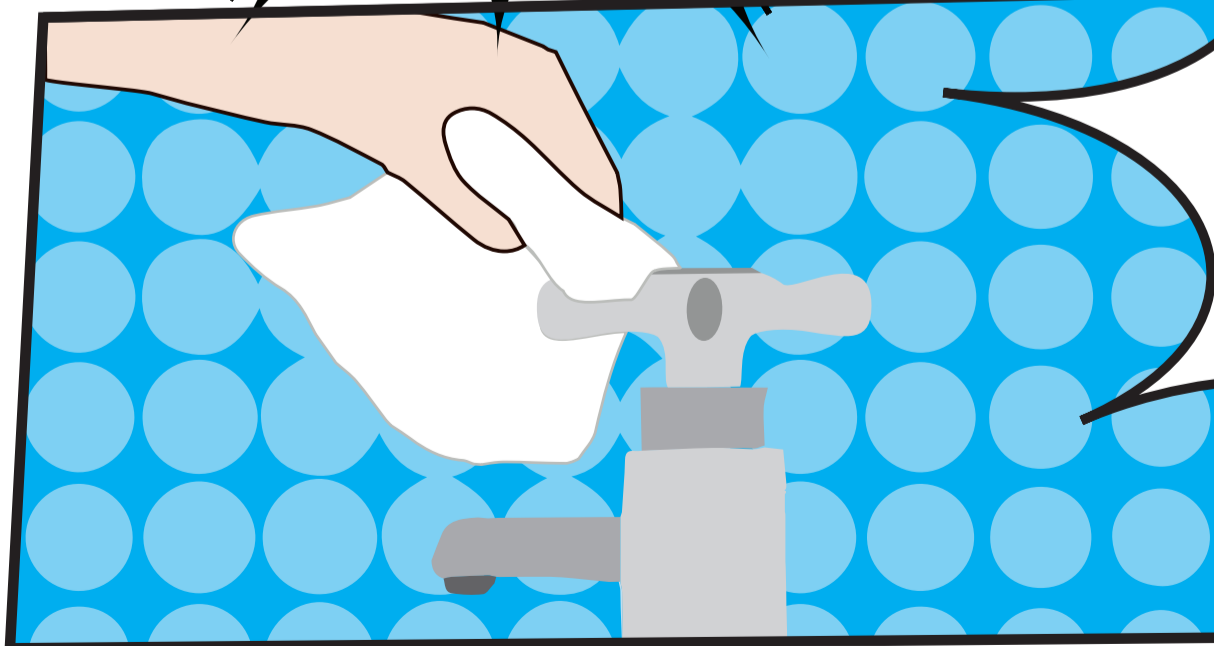


- You can use hand sanitiser to clean your hands but you need to use soap and water if they look dirty
- Wet your hands under warm running water and then apply soap
- Rub your hands together until the soap forms a lather

- Rub the top of your hands, between your fingers and clean your fingertips
- Do this for about 20 seconds



Do not turn off the tap with your cleaned hands  
- use a piece of tissue if it is a twist tap



# THANKS!



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service

