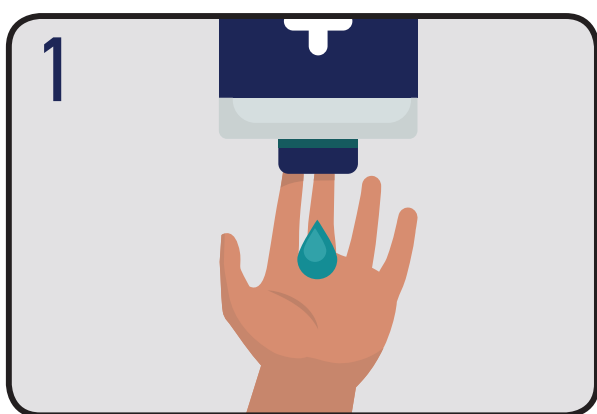


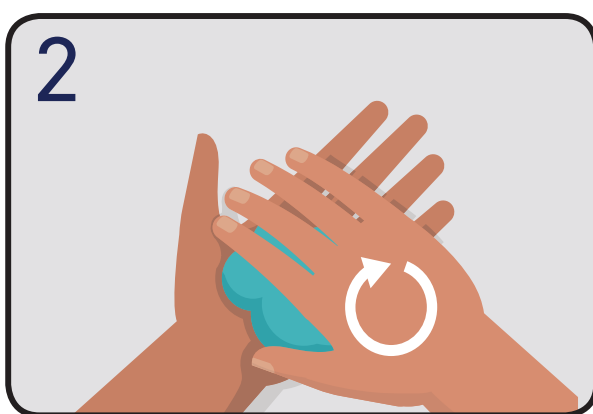
HAND HYGIENE STEPS

Effective Hand Hygiene is key to minimising the risk of infection

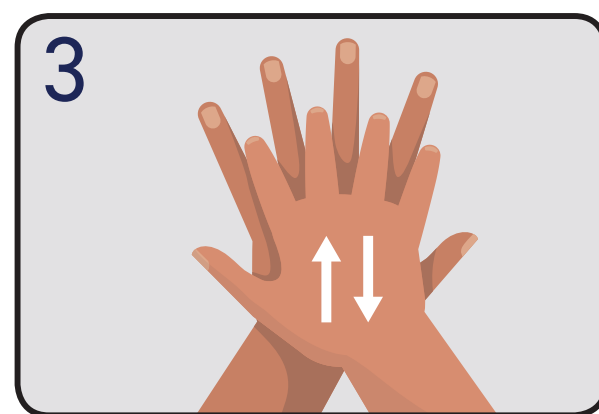
FOLLOW THESE SIMPLE STEPS:



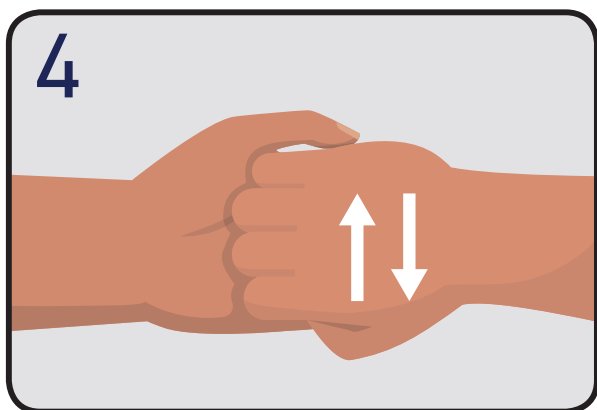
Wet hands and apply soap



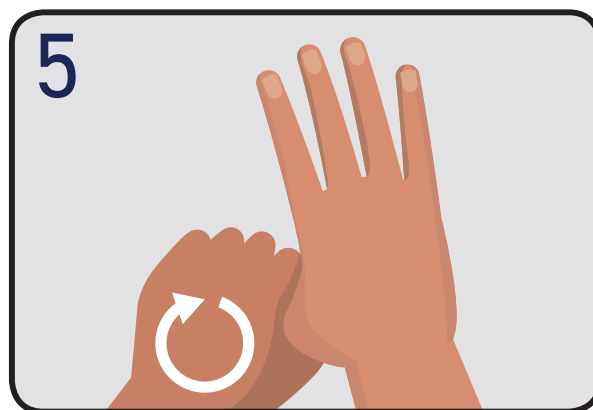
Rub hands palm to palm



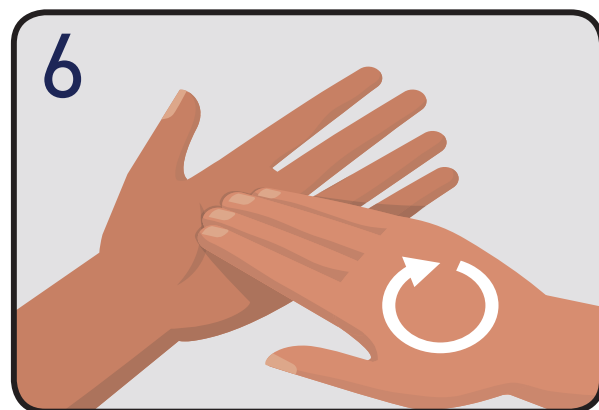
Fingers interlaced, rub palm to palm and then right palm to back of left hand and vice versa



Cusp back of fingers into opposing palm and rub side to side



Clasp right hand around left thumb and rub thumb in rotational manner and vice versa



Rub in a rotational manner backwards & forwards by placing fingertips of right hand in left palm and vice versa



Rinse hands under running water



Dry hands thoroughly



Sanitise your hands by rubbing them together, covering all surfaces, including between your fingers and around fingertips and nails

