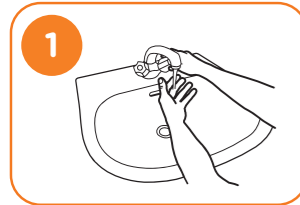


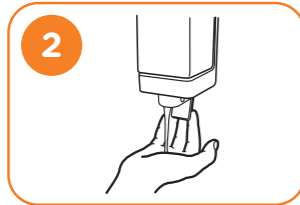
How to hand wash

Wash hands when visibly soiled. Otherwise, use handrub with hand sanitiser.

 Length of time to spend washing: 40-60 seconds



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over the back of the left hand with interlaced fingers and do same on other hand



Palm to palm with fingers interlaced



Backs of fingers to opposite palm with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and do same on other hand



Rub in a circle with clasped fingers of right hand in left palm do same on other hand



Rinse hands with water



Dry hands thoroughly with a single use towel



Use towel to turn off tap



Your hands are now safe



Protect yourself - protect healthcare

It is everyone's responsibility to reduce the spread of germs (including superbugs) that cause infections such as tummy bugs, coughs, colds, and COVID-19. The best way to do this is to wash your hands properly and often.

HSE stock code HNC01343

Further information

For further information or to view how to wash hands properly, please go to www.hse.ie/handhygiene

RESIST

Join the Superbug resistance.

The importance of

hand hygiene

RESIST

Join the Superbug resistance.

The importance of hand hygiene



Hand hygiene is the single most important way of preventing and controlling the spread of germs. Hand hygiene helps to prevent infection with a very wide range of germs including the virus that causes COVID-19.

Hand washing

Hand washing with soap and water is the most common method of cleaning our hands. The physical action of rubbing our hands together with soap and warm water will remove most germs including the COVID-19 virus.

When to wash your hands

Always wash your hands with soap and water if your hands look dirty

Wash your hands properly and often:

- Before and after eating
- Before and after preparing food
- Before and after touching an open sore or cut
- Before and after being on public transport
- Before and after being in a crowd (especially an indoor crowd)
- Before entering and before leaving buildings, including your home or anyone else's home
- Before and after visiting someone in a hospital or residential setting
- After coughing or sneezing
- After using the toilet
- After changing a child's nappy
- After you were in contact with someone who has a fever or respiratory symptoms (cough, shortness of breath, difficulty breathing)
- After cleaning up animal waste



Glove use

Gloves are not needed to control infection in the home or in everyday life but they may be useful when cleaning up a mess or to protect your skin if your hands are in water for a long time. If you do use gloves, remember to clean your hands when you take the gloves off.

How to wash your hands with soap and water

- First 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 under your fingernails
- Do this for about 20 seconds
- Rinse your hands under running water
- Dry your hands with a clean towel or paper hand towel
- Do not turn off the tap with your cleaned hands - use a piece of tissue if it is a twist tap.

Hand sanitiser

Hand sanitisers are a quick, convenient and effective alternative to soap and water BUT should only be used when your hands are not visibly dirty. Many of them are alcohol based hand rubs but some are based on other agents.

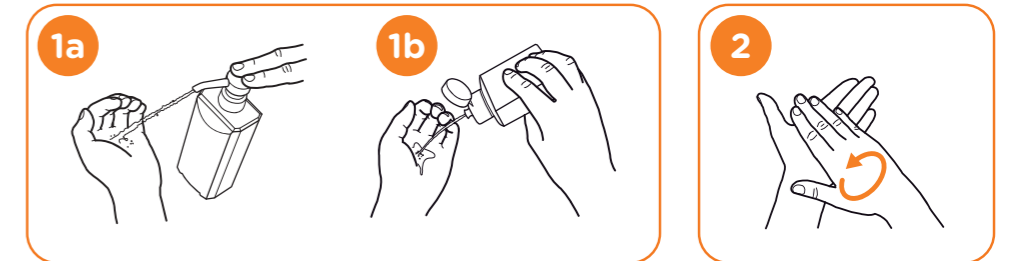
Care for your hands

Regular use of a hand moisturiser will protect your hands from the drying effects of hand hygiene products. If you have dry skin or a skin condition, apply moisturiser after washing and drying your hands. Healthy skin is one of the most important protections we have against most infections. Most germs, including the COVID-19 virus, can't get through healthy skin, so wash the germs off your hands before you put your hand to your mouth.

How to handrub

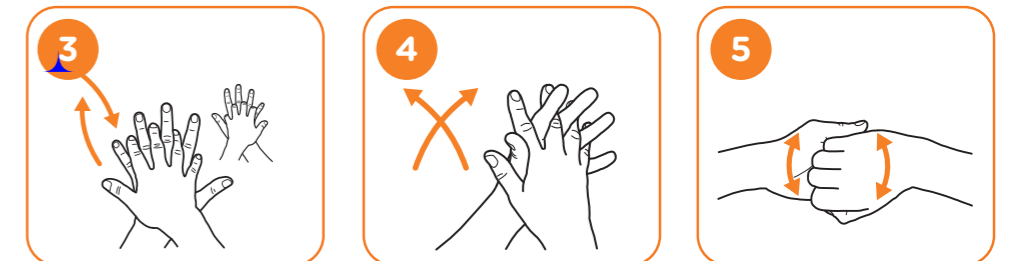
Rub hands with hand sanitiser for hand hygiene. Wash hands when visibly dirty.

 Length of time to spend washing: 20-30 seconds



Apply a palmful of the product in a cupped hand, covering all surfaces

Rub hands palm to palm



Right palm over the back of the left hand with interlaced fingers and do same on other hand

Palm to palm with fingers interlaced

Backs of fingers to opposite palm with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and do same on other hand

Rub in a circle with clasped fingers of right hand in left palm do same on other hand

Once dry, your hands are safe