

Wash your hands Regularly and ALWAYS:

- After using the toilet or changing a nappy
- Before and after handling raw foods like meat and vegetables
- Before eating or handling food
- After blowing your nose, sneezing or coughing
- Before and after treating a cut or wound
- After touching animals, including pets, their food and after cleaning their cages
- On arrival to the workplace
- After using public transport
- When you get home

**REMEMBER to wash for at least 20 seconds**