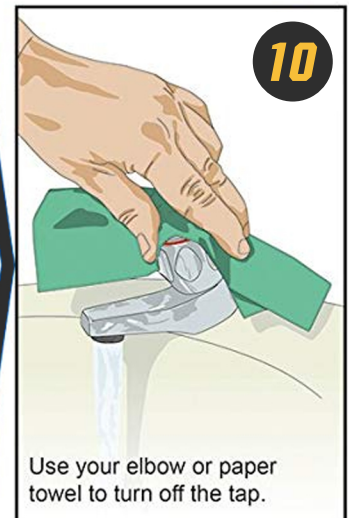
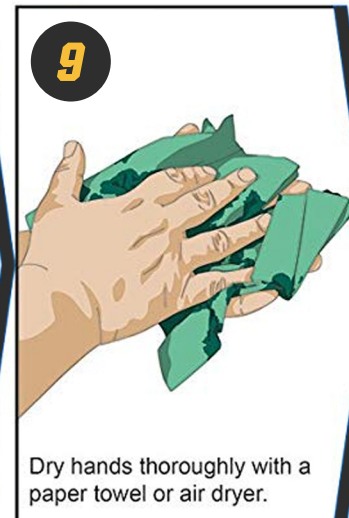
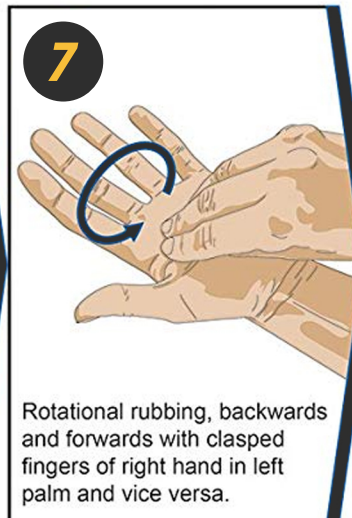
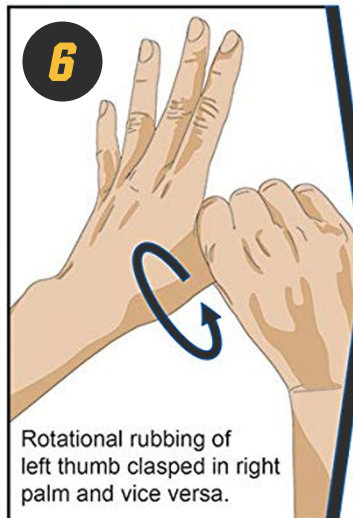
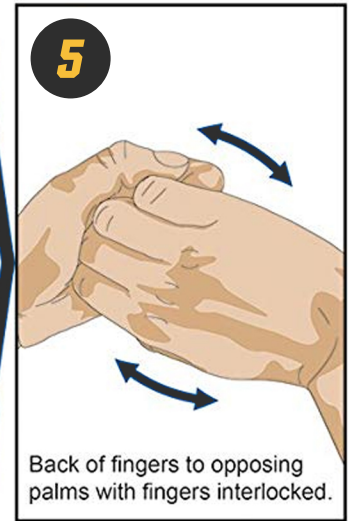


# Please wash your hands

**Please take 20 seconds** - Sing 'Happy Birthday' twice (out loud optional)



# ***When should you wash your hands?***

- 1 After blowing your nose, sneezing or coughing.**
- 2 After using the toilet (yes number 1's and definitely number 2's)**
- 3 Before making a tea or coffee.**
- 4 Before preparing food or eating your lunch.**

## **Also...**

Before and after treating a cut or wound.

After touching animals, including pets and their food and after cleaning their cages or stables.

After cleaning the bathroom; changing a nappy and/or caring for a sick person.

Periodically though the day (why not?) We all touch surfaces and objects touched by others all the time. Steering wheels, shop door handles, supermarket trolleys etc.

You should wash your hands when you get home especially after using public transport and touching handrails and grabs, public stair banisters, escalator hand holds etc.

