

WASH YOUR HANDS FACT SHEET

Many food borne illnesses are spread by touching contaminated objects or surfaces. Washing hands is one of the most effective ways to prevent the spread of bacteria and viruses.

When to Wash Your Hands:

- When hands become contaminated
- Before and after handling food
- Immediately after coughing
- Immediately after sneezing
- Using a handkerchief or tissue
- Eating
- Going to the bathroom

If you are in a situation where you cannot wash your hands, use an alcohol-based sanitiser that contains at least 60% alcohol. However, this is not a replacement for washing hands.

How to Wash Your Hands:

1. Use warm, running water to wet hands
2. Use liquid or pump soap whenever possible
3. Lather and rub hands together vigorously for twenty seconds.
4. Pay special attention to the cuticles and underneath the fingernails
5. Rinse thoroughly and dry off hands with a dry paper towel*.

*Drying hands with paper towels helps remove any bacteria or virus particles remaining on hands.

Keeping these few tips in mind will help mitigate your chances of consuming a compromised food item, or worse...sharing it with someone else.



1.



2.



3.



4.



5.

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