

PUBLIC HEALTH FACT SHEET

No. 104

HAND WASHING

- WASH hands with soap and running water.
- DRY hands on single use disposable paper towel or under an air dryer.

fact sheet

TAKE SPECIAL CARE

BEFORE

- Handling food

AFTER

- Visiting the toilet
- Handling raw food
- Cleaning/dressing cuts and wounds
- Using a handkerchief
- Handling rubbish
- Touching nose, hair or mouth
- Smoking
- Changing babies' nappies
- Handling animals