



## SAFE HYGIENE

### Practicing Safe Hygiene

Keeping yourself and others safe during COVID-19

COVID-19 is a new strain of coronavirus originating from Wuhan, China, in late 2019. COVID-19 has recently been declared a pandemic by the World Health Organisation (WHO) due to the rapid spread from person to person and the severity of the virus, which is evident in how it causes respiratory problems. It is vital to keep yourself and those around you safe, by minimising the risk of COVID-19 spreading.

#### How it spreads:

The virus is spread from person to person through:

- Close contact with someone who is infected with the virus (including in the 24 hours before they even started showing symptoms).
- Contact with droplets from an infected person's cough or sneeze.
- Touching objects or surfaces that have cough or sneeze droplets from an infected person such as door knobs, elevator buttons or tables, and then touching your mouth or face.

Minimising the risk to yourself and others





Practising adequate and good personal hygiene helps to limit the spread of germs and ultimately minimises the risk of catching COVID-19.

Make sure you are practising safe hygiene by ensuring the following actions:

- Regularly and thoroughly cleaning your hands with an alcohol based hand wash or washing them with warm soapy water. This helps to kill the virus that may be on your hands.
- When you wash your hands, make sure you are washing your wrists, between the webs of your fingers, both sides of your palms and the tips of your fingers to ensure you reach all spots that are exposed to germs.
- Wash your hands for at least 20 seconds and rinse your hands well under clean, running water and then drying your hands and wrists thoroughly.
- Cover your mouth and nose with a bent elbow or tissue when coughing or sneezing.
- Avoid touching your eyes, nose and mouth. Your hands touch many different surfaces and can easily pick up viruses. Make sure you do not touch your face with contaminated hands. Carry around a hand sanitiser to help with this.

### How To Wash Your Hands

**⌚ Duration of the entire procedure: 40-60 seconds**

<p><b>0</b></p>  <p>Wet hands with water;</p>	<p><b>1</b></p>  <p>Apply enough soap to cover all hand surfaces;</p>	<p><b>2</b></p>  <p>Rub hands palm to palm;</p>
<p><b>3</b></p>  <p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p><b>4</b></p>  <p>Palm to palm with fingers interlaced;</p>	<p><b>5</b></p>  <p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p><b>6</b></p>  <p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p><b>7</b></p>  <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p><b>8</b></p>  <p>Rinse hands with water;</p>
<p><b>9</b></p>  <p>Dry hands thoroughly with a single use towel;</p>	<p><b>10</b></p>  <p>Use towel to turn off faucet;</p>	<p><b>11</b></p>  <p>Your hands are now safe.</p>

