HAVE YOU WASHED YOUR HANDS?

Hand Hygiene is the single most important thing you can do to prevent the spread of infection.

Washing your hands, aside from vaccinations, is probably the most effective contribution you can make to public health – that of you, your family, your colleagues and your community.

Regularly washing your hands, especially after going to the toilet, if you have a cold or the flu, or are preparing food, will help prevent the spread of infection.

Washing your hands with hot water and soap for the time it takes to sing a verse of 'Happy Birthday' should ensure any germs on your hands are destroyed. Rinse and dry your hands well.

For more information, contact your Occupational Health Provider.

Health Partners