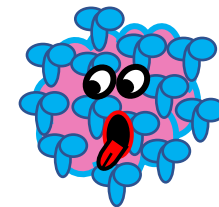


# Key Moments for Hand Hygiene



Wash your hands with soap and water for 20 seconds



1



Palm to palm

2



Backs of hands

3



Between fingers

4



Backs of fingers

5



Thumbs

6



Tips of fingers

To help keep time, sing 'Happy Birthday' twice

- Food: preparing food, handling pre-prepared food, eating with fingers



- After using the toilet or changing soiled a nappy/underwear



- Exposure to animals or animal waste



- Coughing, sneezing or blowing your nose



- Contact with someone ill or you yourself are ill

