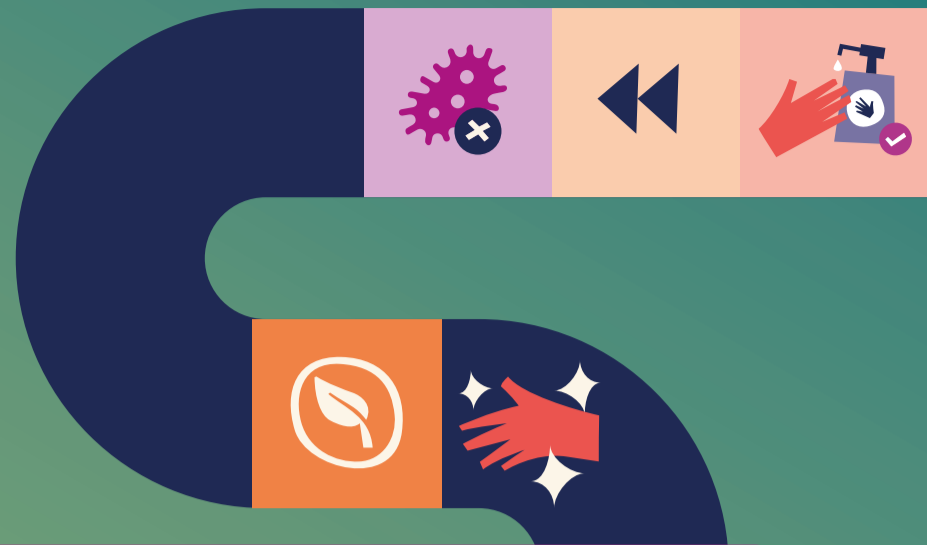


# It might be gloves. It's always hand hygiene.



## Did you wash your hands?

*Children and carers*

### ALWAYS wash hands



Before eating



After going to the toilet



After blowing your nose



After sneezing or coughing



After touching animals



If they look dirty

### HOW to wash hands



**WET** hands with water



**SOAP** your hands



**RUB** your hands together for 20 seconds



**RINSE** your hands with water



**DRY** your hands with paper towel

### FOR CARERS

#### ALWAYS WASH

- Before and after giving medication
- Whenever hands look dirty

#### BEFORE

- Preparing or eating food
- Preparing a bottle
- Helping children with eating or drinking

#### AFTER

- Changing a nappy or helping a child with toileting
- Helping a child with wiping or blowing their nose
- Cleaning activities

#### WEAR GLOVES\*

- When cleaning up bodily fluids
- When handling food

*\*wash hands before donning and after removing gloves*

#### SAFETY FIRST

Always supervise young children when they are using alcohol-based sanitiser to prevent accidental swallowing

Store hand sanitiser out of reach of small children

