

Wash your hands and stop infections from spreading

Before cooking and meals

When you come in from outdoors

After using the toilet or changing a diaper

After coughing, sneezing or blowing your nose

**After touching the same surfaces as someone
with a cold**

1. Wet your hands with a lot of water

**2. Apply some soap and rub your hands palm to
palm**

**3. Rub the backs of your hands, your thumbs and
between your fingers**

**4. Rub your hands together with your fingers
interlaced**

5. Rinse your hands with a lot of water

6. Dry your hands carefully with a paper towel

7. Use a paper towel to turn off the tap