

Please don't enter these premises if you have:



a **high**
temperature



a **new**
continuous cough

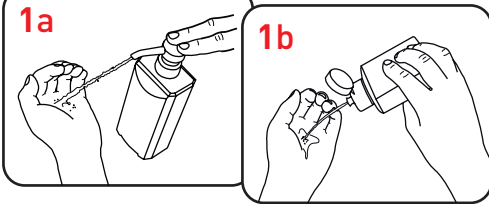


a **loss** or **change** to your
sense of **smell** or **taste**

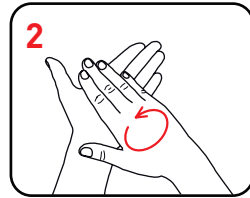
HAND CLEANING **TECHNIQUES**

How to handrub?

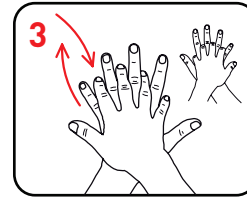
WITH ALCOHOL HANDRUB



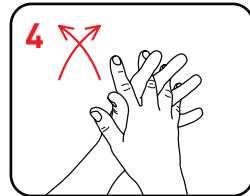
Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces



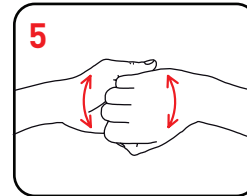
Rub hands palm to palm



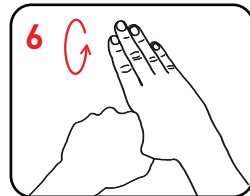
Rub back of each hand with the palm of other hand with fingers interlaced



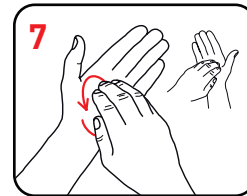
Rub palm to palm with fingers interlaced



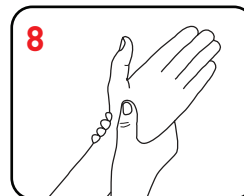
Rub with backs of fingers to opposing palms with fingers interlaced



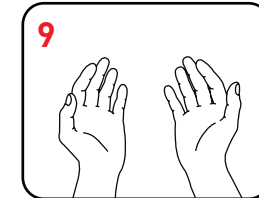
Rub each thumb clasped in opposite hand using rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Once dry, your hands are safe

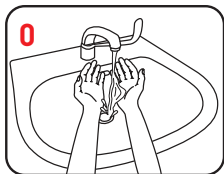


20-30 sec

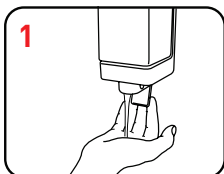
HAND CLEANING **TECHNIQUES**

How to handwash?

WITH SOAP AND WATER



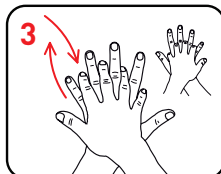
Wet hands with water



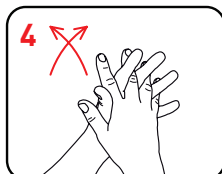
Apply enough soap to cover all hand surfaces



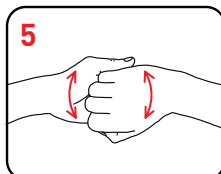
Rub hands palm to palm



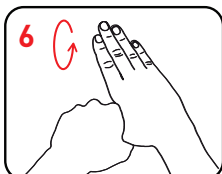
Rub back of each hand with the palm of other hand with fingers interlaced



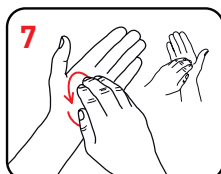
Rub palm to palm with fingers interlaced



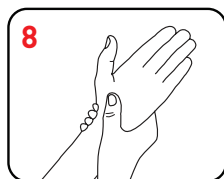
Rub with backs of fingers to opposing palms with fingers interlaced



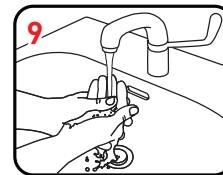
Rub each thumb clasped in opposite hand using rotational movement



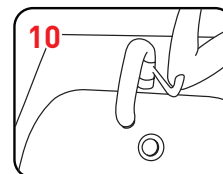
Rub tips of fingers in opposite palm in a circular motion



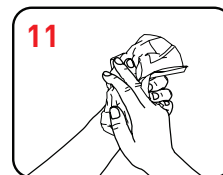
Rub each wrist with opposite hand



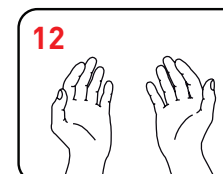
Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Your hands are now safe



40-60 sec



HM Government



Coronavirus

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap.
Dry hands thoroughly.



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES



HM Government



Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES



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CORONAVIRUS

STAY ALERT TO THE RISK OF INFECTION

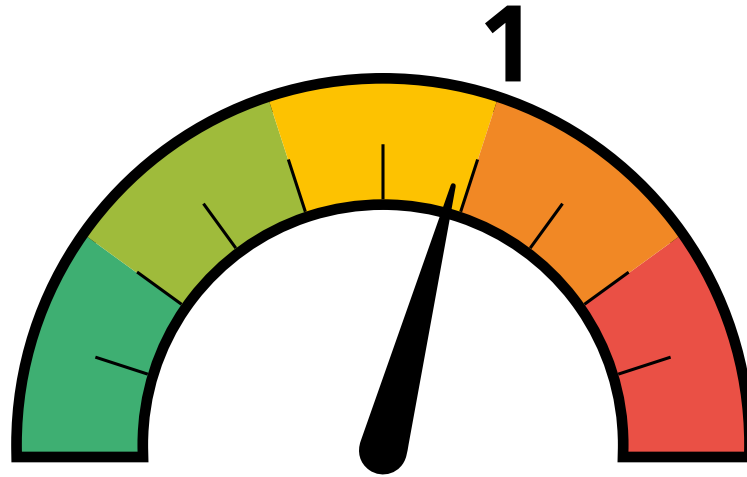
Remember it's critical to keep washing
your hands regularly for 20 seconds.

For more ways to stay safe go to
gov.uk/coronavirus

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R = Rate of infection

CORONAVIRUS

STAY ALERT

TO KEEP **R** DOWN

- ✓ Keep your distance if you go out (2 metres apart where possible)
 - ✓ Limit contact with other people
 - ✓ Avoid public transport if possible
 - ✓ Wash your hands regularly
- ✓ Do not leave home if you or anyone in your household has symptoms

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES

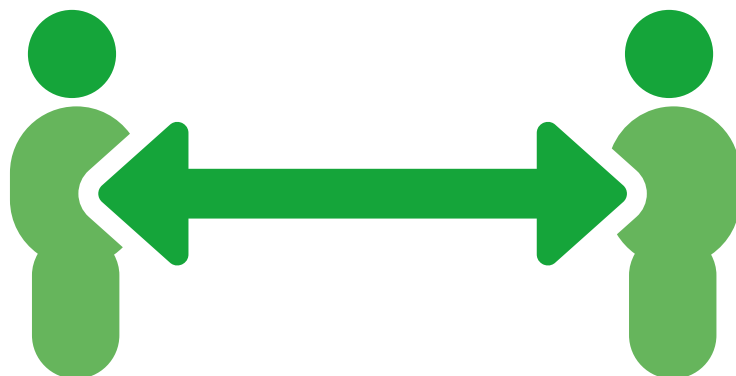


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KEEP A SAFE DISTANCE FROM OTHERS

**WE CAN HELP CONTROL THE VIRUS
IF WE ALL STAY ALERT**



2m where possible

STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES



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LIMIT CONTACT WITH OTHER PEOPLE

**WE CAN HELP CONTROL THE VIRUS
IF WE ALL STAY ALERT**



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KEEP WASHING YOUR HANDS REGULARLY

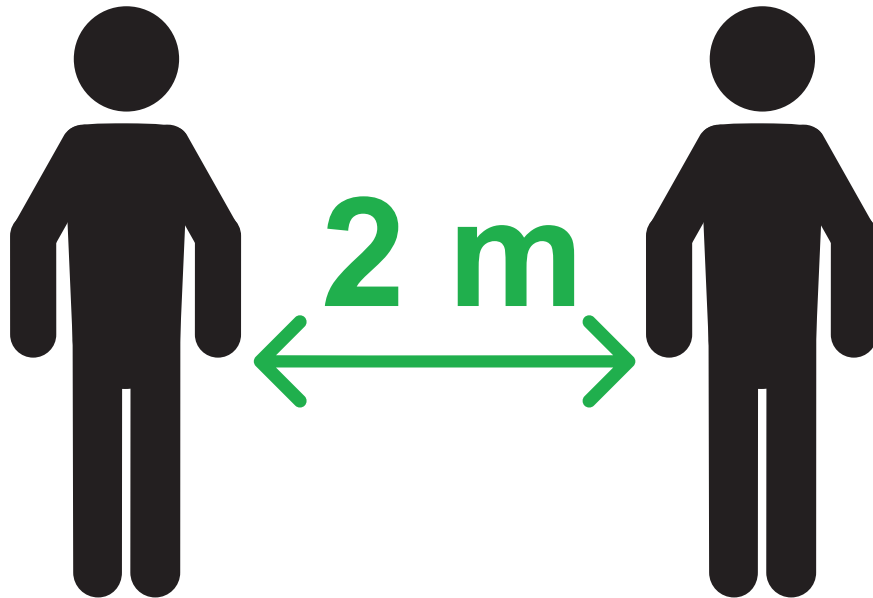
**WE CAN HELP CONTROL THE VIRUS
IF WE ALL STAY ALERT**



STAY ALERT ► CONTROL THE VIRUS ► SAVE LIVES



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CORONAVIRUS

KEEP A SAFE DISTANCE

- ✓ Keep 2 metres apart where possible
- ✓ Limit contact with other people
- ✓ Wash your hands the moment you get home

For more ways to stay safe go to **gov.uk/coronavirus**

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES



CORONAVIRUS HANDWASHING REMAINS CRITICAL

- ✓ Keep a safe distance from others (2 metres where possible)
- ✓ Limit contact with other people

For more ways to stay safe go to gov.uk/coronavirus

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

