

Guidance on how to avoid catching or spreading coronavirus (COVID-19)

DO:

- ✓ Wash your hands with soap and water often - do this for at least 20 seconds.
- ✓ Always wash your hands when you get home or into work.
- ✓ Use hand sanitiser gel if soap and water are not available.
- ✓ Cover your mouth and nose with a tissue or your sleeve (not your hands) if you cough or sneeze.
- ✓ Put used tissues in the bin straight away and wash your hands afterwards.
- ✓ Try to avoid close contact with people who are unwell.

DON'T:

- ✗ Do not touch your eyes, nose or mouth if your hands are not clean.

For Government advice please visit:

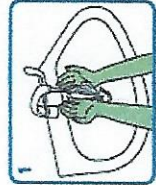
www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

For NHS advice please visit:

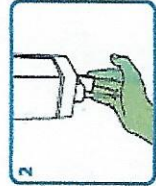
www.nhs.uk/conditions/coronavirus-covid-19

Hand-washing technique with soap and water

This process should take 15-30 seconds



Wet hands with water



Apply enough soap to cover all hand surfaces



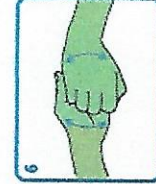
Rub hands palm to palm



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



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a 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

Alcohol handrub hygiene technique For visibly clean hands

This process should take 15-30 seconds



Apply a small amount (about 3ml) of the product in a cupped hand



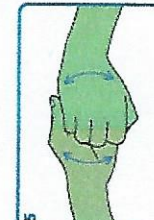
Rub hands together palm to palm, spreading the handrub over the hands



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



Rub palm to palm with fingers interlaced



Rub back of fingers to opposing palms with fingers interlocked



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Wait until product has evaporated and hands are dry (do not use paper towels)