

HAND HYGIENE: FOR A HEALTHY FUTURE



The single most important route for the spread of infection is the hands.¹ Though your mind may be spinning with all the new things you've learned today, it's important to remember that hand washing is vital to prevent the spread of viruses such as Coronaviruses and Noroviruses.



Equipment:

Running water (warm or cold)
Soap (one pump of GOJO® soap is about right)
Paper towels (single use)

Method:

1. Wet hands under running water
2. Add soap
3. Rub palms together vigorously to create lather
4. Rub hands together, making sure all areas are covered in soap
5. Rinse hands to remove all soap and dry hands thoroughly

Remember to wash your hands:

- **Before** starting school
- **Before** and **after** preparing or eating food
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching rubbish or cleaning



For a complete hand hygiene solution, use hand sanitisers where soap and water are not available and to complement your hand washing. Remember to moisturise your hands often to ensure skin stays healthy and well-conditioned.

1. "The effectiveness of hand hygiene procedures in reducing the risks of infections in home and community settings including handwashing and alcohol-based hand sanitizers" Sally F. Bloomfield et al.
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Children should be supervised by a responsible adult when using PURELL hand and surface sanitising solutions.
These products should only be placed in areas where supervision is possible.
Use biocides safely. Always read the label and product information before use.

