

Use soap and water only when hands are dirty, after using the toilet and before eating food.



Use the mildest, most effective hand cleaner to help maintain good skin health. You only need enough soap to cover the surfaces of your hands.



Use hand sanitisers when hands are not visibly dirty, and soap and water are not available.



Take **CARE** of your **HANDS**

Wet hands before applying soap and make sure the water is not too hot.



Rinse your hands to remove **ALL** the soap.

A number of factors can affect your skin, like cold weather. Use a moisturiser frequently, particularly if your skin feels dry.



Pat hands gently until they are fully dry.

Vigorous rubbing can irritate the skin.

