Imdaad

HAND HYGIENE

After coughing or sneezing

Before, during and after you prepare food

After toilet use

WASH YOUR HANDS WITH SOAP AND RUNNING WATER
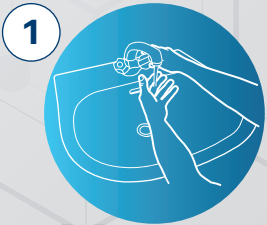
When caring for the sick

Before eating

When hands are visibly dirty

After handling animals or animal waste

If your hands are not visibly dirty, frequently clean them by using alcohol based hand rub or soap and water.
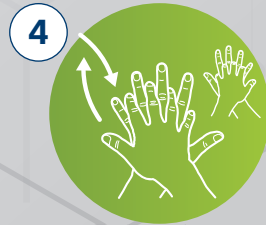
HOW TO HAND WASH?

1 Wet hands with water

2 Apply enough soap to cover all hand surfaces

3 Rub hands palm to palm

4 Right palm over left dorsum with interlaced fingers and vice versa

5 Palm to palm with fingers interlaced

6 Backs of fingers to opposing palms with fingers interlocked

7 Rotational rubbing of left thumb clasped in right palm and vice versa
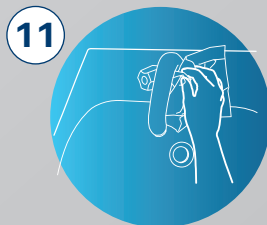
8 Rotational rubbing with clasped fingers of right hand in left palm and vice versa

9 Rinse hands with water

10 Dry hands thoroughly with a single use towel

11 Use towel to turn off faucet

12 Your hands are now safe