# HAND WASHING

**vinnuvernd**

**Hand washing is the most important way of preventing spreading germs and staying healthy.**

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth. A good hand washing technique can protect a persons health and prevent them from getting sick from viruses like COVID-19 and influenza.

Good and appropriate hand washing with water and soap is generally the best way to remove germs. The use of alcohol-based hand sanitizers is a good but nowhere near as effective as hand washing.

In the workplace, hand washing is extremely important to prevent infection from spreading amongst staff and even clients.

**Hand should be washed with soap and water, then dried, preferably with a paper towel:**

- Before and after meals or preparing food
- After coughing or sneezing or blowing your nose
- After going to the bathroom
- Before and after close contact with other persons

## A PROPER METHOD OF HAND WASHING

**Repeat each step 5 times · A proper method ensuring that all surfaces of hands are clean**

**1. Palm to palm**

**2. Back of hands to palm**

**3. Between fingers**

**4. Back of fingers**

**5. Base of thumbs**

**6. Back of fingers to palm**

**Other important factors to reduce the risk of infection**
- Coughing and sneeze into your elbow or into a tissue
- Avoid close contact with people with fever, cold or flu symptoms
- Avoid touching eyes, nose and mouth
- Avoid touching surfaces such as handrails, touchscreens and door handles