Hand hygiene
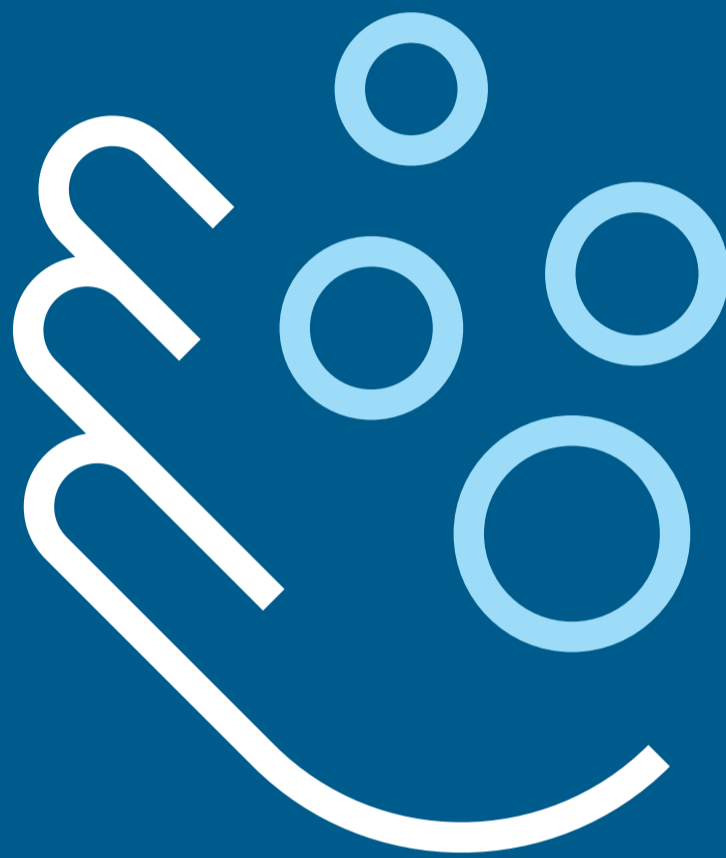
Wash your hands thoroughly with water and soap or use hand sanitiser, especially:

✔ When you come in from the outside, for example as you arrive at your workplace or school

✔ When you get home

✔ After toilet visits

✔ Before and after eating

✔ After you have wiped your nose or coughed/sneezed into your hand

Always wash your hands, rather than using hand sanitiser, if your hands are visibly dirty.

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