

HAVE YOU WASHED YOUR HANDS?



WHEN TO WASH YOUR HANDS:

-  1 When you enter and re-enter the canteen
-  2 After touching your face, coughing, sneezing, blowing your nose or going to the toilet
-  3 After touching the bin or picking up rubbish
-  4 After touching money (before touching food or drinks)
-  5 Before or after handling raw vegetables
-  6 When doing any other activity likely to contaminate hands

HOW TO WASH YOUR HANDS:

-  1 Wet hands with running water
-  2 Apply soap to hands
-  3 Rub soap thoroughly onto all parts of your hands
-  4 Rinse in clean running water
-  5 Dry hands thoroughly on paper towel
-  6 Dispose of paper towel into bin