

COVID-19 HYGIENE GUIDE



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five every time

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 second.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, taps and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Hand washing and hygiene instructions

- **Before, during, and after** preparing food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **Before and after** a meeting
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** catching public transport, communal areas
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- **After** changing a nappy or cleaning up a child who has used the toilet