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Handwashing

HOW TO WASH HANDS

• Use liquid soap and running water
• Wash your hands thoroughly while counting slowly from 1 to 10
• Rinse your hands while slowly counting from 1 to 10
• Turn off the tap with paper towel
• Dry hands well with new paper towel

WHEN TO WASH HANDS

• On arrival (this reduces new germs being introduced to the centre)
• Before handling food, including a baby’s bottle
• Before eating
• Before and after changing a nappy
• After removing gloves
• After going to the toilet
• After cleaning up blood, faeces or vomit
• After wiping a nose
• Before giving medication
• After handling garbage
• After playing outside
• Before going home (this prevents taking germs home)

WASHING AND RINSING YOUR HANDS SHOULD TAKE ABOUT AS LONG AS SINGING ‘HAPPY BIRTHDAY’ TWICE.