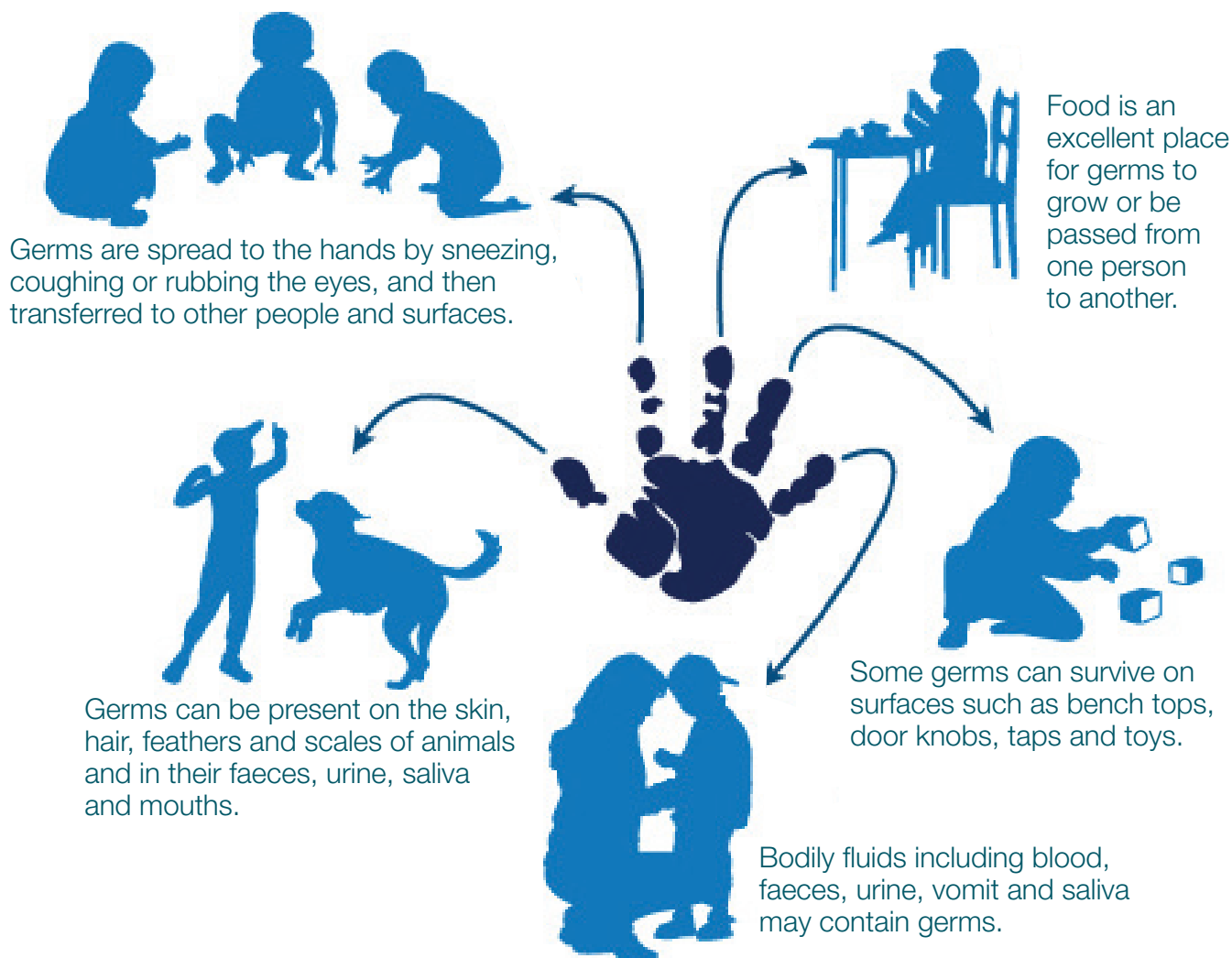


# The role of hands in the spread of infection

STAYING HEALTHY | 5TH EDITION | 2013



## Hand hygiene

You can prevent the spread of disease by performing **hand hygiene** by:



washing hands with soap and water or using an alcohol-based hand rub.

NHMRC Ref. CH55i Printed June 2013



Australian Government  
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