

Hand Washing Technique With Soap and Water

Effective hand washing is the most important and easiest way to protect against infection.

Wash and dry or sanitise your hands frequently. Always wash or sanitise your hands before and after preparing and eating food, after coughing, sneezing or visiting the toilet.

The duration of the entire procedure should last about 15 - 30 seconds. This is the same as humming the 'Happy Birthday' song through twice.

