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**Correct hand washing techniques**

For Adult hand washing - Please see link:

<https://public.3.basecamp.com/p/RTp3RcZS2T1iTAscFkmmqucu>

For Children’s hand washing – please see link: <https://www.youtube.com/watch?v=EfQvLT0sKNc&feature=youtube>



**Wash your hands properly and often:**

**✔** After coughing or sneezing 

**✔** Before and after eating ****

**✔** Before and after preparing food 

**✔** After toilet use 

**✔** If your hands are dirty  ****

**✔** Before having a cigarette or vaping  ****

**✔** If you have touched animals 

**✔** When you arrive and leave buildings, your home or someone else’s home 

**✔** Before and after being on public transport 

**Useful tips:**

**✔** Use hand sanizitser if you do not have access to warm running water

**✔** Clean surfaces regularly with anti-bacterial wipes

**✔** When shopping use the alcohol gel that is provided at the entrances