



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.



Australian Government
**National Health and
Medical Research Council**