

Hand Hygiene - script

According to the World Health organization, most health care-associated infections are preventable through good hand hygiene. So, you should wash your hands regularly and always after going to the toilet and before you eat. Washing your hands properly involves a number of steps.

Step 1 - Wet your hands for 5 seconds then turn off the tap to save water

Step 2 - Apply soap

Step 3 - Rub palms for 5 seconds

Step 4 - Rub fingers for 5 seconds

Step 5 – Scrub your fingernails for 5 seconds on each hand

Step 6 - Rub the back of your hands

Step 7 - Wash each of your thumbs

Step 8 - Wash both wrists

Step 9 - Turn on the tap with your elbow or a towel and rinse off the soap

Step 10 - Turn off the tap with a towel or elbow

Step 11 - Dry your hands

Following all these steps after going to the toilet and before you eat will help keep yourself and others healthy

More information on hand hygiene and other ways to stay healthy can be found on the World Health Orgnaistaion web site - <https://www.who.int/>