

# WASH YOUR HANDS OFTEN

Wash your hands:

- ✓ when they are dirty,
- ✓ after sneezing or coughing,
- ✓ before and after handling food,
- ✓ after going to the toilet,
- ✓ if you've been playing with pets,
- ✓ after touching commonly used items,
- ✓ after manual labour or gardening.



## HERE'S HOW TO WASH YOUR HANDS

- Wet hands with warm running water then add soap.
- Rub soap over all areas of the hands, including between the fingers, thumbs and back of hands.
- Wash for at least 10 seconds.
- Rinse hands well and dry thoroughly with a clean cloth or paper towel.
- If soap and water are not available, an alcohol based hand rub may be used. Keep in mind that these products don't work well if you have dirt on your hands.



# WIPE DOWN SURFACES

Some germs live for several days on surfaces

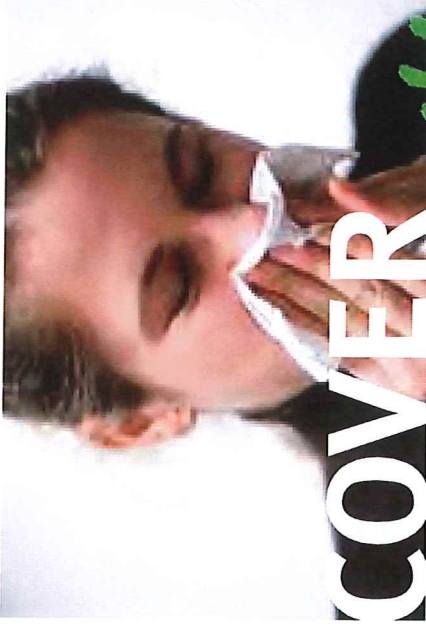
- Wipe down all frequently touched surfaces regularly (e.g. shared equipment, telephones, computer keyboards, door handles).
- Make sure all food preparation surfaces are kept clean.
- Use a cleaning cloth dampened with detergent for wiping down all surfaces.



# Good Hygiene Quiz

(Answers on back page)

1. I should wash my hands with soap and water for at least 10 seconds. True  False
2. I don't really need to wash my hands if I'm not sick. True  False
3. Only restaurants have to be careful about keeping food preparation areas clean. True  False
4. If I haven't got a tissue, it's okay to sneeze into my hands. True  False
5. Washing hands, wiping down surfaces, and covering coughs and sneezes will reduce the spread of infection to my family and others. True  False



# COVER COUGHS AND SNEEZES

Infectious droplets can remain in the air for some time

- Cover a cough or sneeze with a tissue. If you don't have a tissue handy, sneezing into your sleeve can keep the germs away from your hands and help reduce the spread of infection.
- Drop used tissues immediately into a rubbish bin, and then wash your hands.
- If you do cough or sneeze into your hands, wash them immediately. Remember to turn away from others when you cough or sneeze.

# Hands spread 80% of common infectious diseases



## HIGH RISK AREAS

Practice the 3 simple steps outlined in this brochure at all times, and especially after being in places where there are a lot of people, or where people are unwell, for example;

- Child care & schools
- Public transport
- Shopping centres
- Hospitals and doctors' surgeries.

By practicing good hygiene, you will reduce the risk of getting sick or passing infections on to others.

# Handy facts about hygiene



## Answers To Quiz

- 1. True:** It takes at least 10 seconds to make sure all areas of your hands are properly washed; this removes most of the germs from your hands.
- 2. False:** Even if you are feeling well you can still pick up and carry germs on your hands that can make you or others sick. Handwashing will remove most of these germs.
- 3. False:** Good hygiene is just as important in the home as in the food industry. Contaminated food can be a source of food poisoning.
- 4. False:** If you haven't got a tissue handy, try sneezing or coughing into your arm. This way you don't contaminate your hands.
- 5. True:** These simple measures are extremely effective at reducing the spread of infections and will help keep you healthy.

## Score

- 5 out of 5 Fantastic germ fighter!
- 4 out of 5 Keep up those healthy habits!
- 3 out of 5 Not bad. You're a bug-buster!
- 2 out of 5 Room to improve on your germ fighting skills!
- 1 out of 5 Try harder to keep healthy!
- 0 out of 5 Read this brochure again please!



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