

# Good Hand Hygiene

How to avoid infection and infecting others



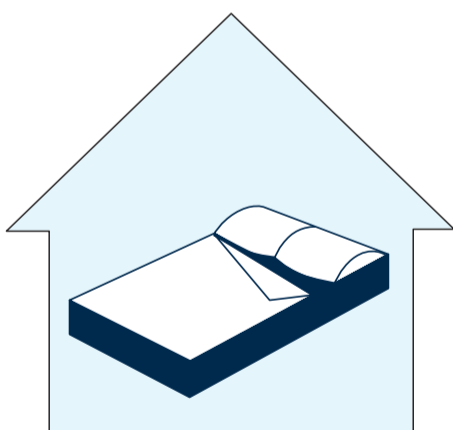
## Wash your hands often

Germs attach easily to your hands and surfaces such as door handles. They can spread when you for example shake hands or touch surfaces. Therefore wash your hands often with soap and hot water – always before handling food and after using the bathroom. In some situations, for example when you have no possibility to wash your hands, an alcohol based hand-disinfectant can be an effective alternative.



## Cough and sneeze into the bend of your arm

When you cough and sneeze millions of drops containing airborne germs will spread. By coughing and sneezing into the bend of your arm or in a disposable tissue, you prevent germs from spreading in the surrounding area and from contaminating your hands.



## Stay at home when you are ill

By staying at home when you are ill in a communicable disease that spreads easily, you will not pass it on outside your home!

**Germs exist everywhere in our surroundings.**

**The main way of spreading infections is through our hands.**

**Good hand hygiene is an easy way to protect yourself and others.**