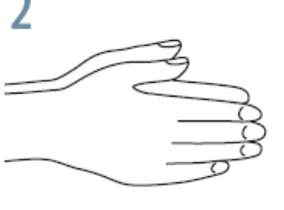


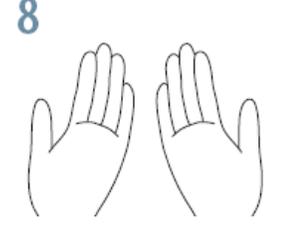
Clean your hands

Cleaning your hands well is important. The best way to stop the spread of germs and infection is to clean your hands. There are 2 ways to clean your hands. You can use soap and water or an alcohol based hand rub.

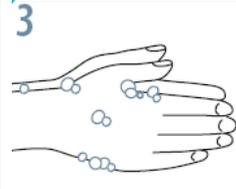
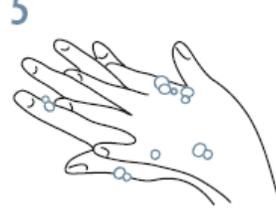
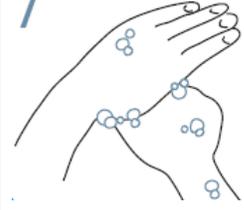
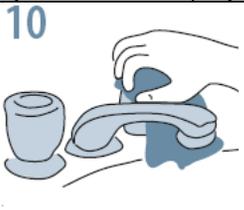
How to clean your hands with an alcohol based hand rub

| | | | |
|--|--|---|--|
|  |  |  |  |
| <p>1 Apply 1 to 2 pumps of product to palms of dry hands.</p> | <p>2 Rub hands together, palm to palm.</p> | <p>3 Rub in between and around fingers.</p> | <p>4 Rub back of each hand with palm of other hand.</p> |

Rub hands for 15 seconds

| | | | |
|---|---|--|---|
|  |  |  |  |
| <p>5 Rub fingertips of each hand in opposite palm.</p> | <p>6 Rub each thumb clapsed in opposite hand.</p> | <p>7 Rub hands until product is dry. Do not use paper towels.</p> | <p>8 Once dry, your hands are safe.</p> |

Clean your hands

| How to clean your hands with soap and water | | | |
|--|--|---|---|
|  |  |  |  |
| Wet hands with warm water. | Apply soap. | Lather soap and rub hands palm to palm. | Rub in between and around fingers. |
| Lather hands for 15 seconds | | | |
|  |  |  |  |
| Rub back of each hand with palm of other hand. | Rub fingertips of each hand in opposite palm. | Rub each thumb clasped in opposite hand. | Rinse thoroughly under running water. |
|  |  |  | |
| Pat hands dry with paper towel. | Turn off water using paper towel. | Your hands are now safe. | |

Clean your hands

Before:

- providing care to yourself or others
- eating or feeding others

Every time you enter or leave:

- the hospital
- a patient care area such as NICU
- a patient's room (keep your nails short and do not wear jewellery or artificial nails)

After you:

- cough, sneeze or blow your nose
- use or help someone to the bathroom
- change your baby's diaper
- use equipment shared by others

