

# Handy tips to fight the spread of flu

Hand hygiene is especially important after using the bathroom, before eating, or after coughing or sneezing.



## Regular hand washing

Wash your hand effectively:



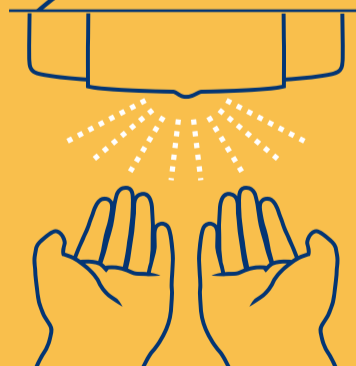
### Step 1

First, wet your hands with water, then create a good lather with soap.



### Step 2

Next, rub your hands together vigorously for 20 seconds, ensuring you rub your wrists and between each finger. Clean under your fingernails, too.



### Step 3

Rinse your hands thoroughly and dry them with a clean paper towel or air dryer.



### Step 4

In a public restroom, shut off the tap using a paper towel. Push the door open with your shoulder, or use another paper towel to turn the knob.



### BLOW AND TOSS

Use a tissue to blow your nose or to catch a sneeze, then bin it!



### THE HANDS-OFF APPROACH

Don't cough into your hand - sneeze or cough into the crook of your elbow instead.



### DISPENSE WITH FLU

Keep hand sanitiser handy. Rub hand sanitiser all over your hands, fingers, and wrists until dry.