

HAND WASHING HELPS PREVENT THE SPREAD OF DISEASE.



Did you wash them?

Did you know that **1 in 5** people don't wash their hands? Of those that do **only 30% use soap.**

The Centre for Disease Control and Prevention (CDC) recommends **15-20 seconds** of vigorous hand washing with soap and water to reduce the spread of diarrheal diseases, respiratory infections, and reduces the transmission of cholera, hepatitis E, Covid-19, antimicrobial resistance and other infections.

Don't forget always wash your hands:



Before and after preparing food, especially raw meat or poultry and before eating food.



Before and certainly after using the toilet.



Blowing your nose, coughing or sneezing into your hands.



After shaking hands with others.



If you do not have access to soap and water use an alcohol based hand rub.

Together we can stop the spread of germs in our community

For more health information, visit www.sirbrianbellfoundation.org.pg