

There are two ways to clean your hands

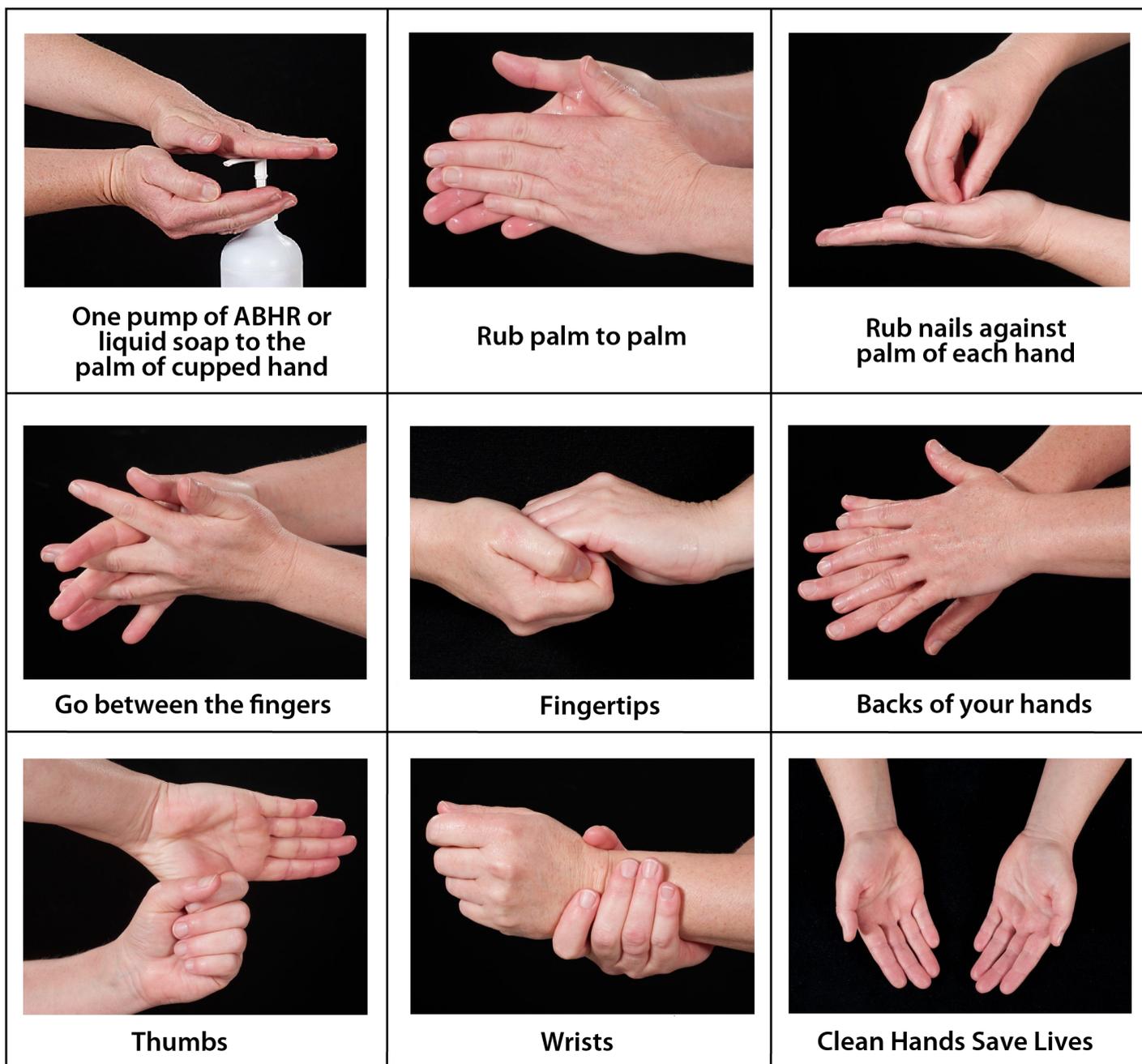
Soap and water

If your hands look dirty or you have been to the toilet, please clean your hands with soap and water and dry them well for 10-20 seconds.

Alcohol-based hand rub (ABHR)

ABHR is very effective at killing most germs. Even if your hands look clean they may still carry germs that can be harmful. A squirt of ABHR rubbed all over the hands dries naturally in about 30 seconds when following the pictures below.

For more information on Hand Hygiene, visit: www.handhygiene.org.nz



For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz