

PERSONAL HYGIENE

Hygiene means **keeping yourself and things around you clean** for your own health and for others.

Your hands touch many things, some of which can be contaminated with **GERMS!**



WHY WASH YOUR HANDS? Washing your hands frequently and properly is one of the best ways to stay healthy and prevent illnesses such as colds, the flu and gastroenteritis.

WHEN TO WASH YOUR HANDS

- Before, during and after **preparing food**
- After using the **toilet**
- Before you **eat or drink**
- After changing **diapers / nappies**
- Before and after **attending to sick people**
- After handling **garbage**
- After touching **animals or animal waste**

ALWAYS USE SOAP AND WATER TO CLEAN HANDS

Scrub your hands with soap for at least **15-20 seconds**. Using water alone does not remove soil and grease which can trap unseen germs and viruses.



An **alcohol-based sanitiser** is an effective and convenient alternative if soap and water are not available.

Practise good body and oral hygiene:



- > Use soap when having a shower / bath
- > Change underwear and socks daily
- > Wash clothing, towels and bed linen regularly with detergent
- > Avoid sharing personal items including clothes, towels and bed linen
- > Brush your teeth twice a day
- > Floss your teeth once a day
- > Use mouthwash regularly, or as directed by your dentist



COUGHING AND SNEEZING SPREADS ILLNESS



Always use a tissue or your upper sleeve to cover your cough or sneeze. Immediately put the tissue in a bin and wash your hands.

Do not use your hands to cover your cough.



Do not cough or sneeze near other people.



Do not touch your face. Germs transfer from your hands to your eyes, mouth or nose.

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