## Recommended hand hygiene steps to prevent the spread of viruses

Scientists around the world are currently looking into transmissibility and severity of Coronavirus (COVID-19), but until more is understood, there are hand hygiene behaviours that we can and should adopt that are proven to be effective against the spread of viruses.

Follow these simple steps:


Rub hands palm to palm


Clasp right hand around left thumb and rub thumb in rotational manner and vice versa



Fingers interlaced, rub palm to palm and then right palm to back of left hand and vice versa


Rotational rubbing, backwards and forwards by placing fingertips of right hand in left palm and vice versa


Sanitise your hands by rubbing them together, covering all surfaces including between your fingers and around fingertips and nails.

