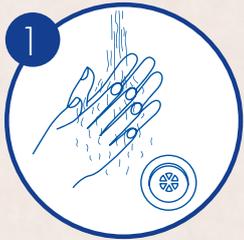


# HAND HYGIENE: A RECIPE FOR SUCCESS

The single most important route for the spread of infection is the hands.<sup>1</sup> Good hand hygiene isn't just a means to reduce the risk of contracting COVID-19; it also helps to prevent the contamination of food with harmful bacteria such as *E. coli* and *Salmonella*.



## You will need:

Running water (warm or cold)  
Antimicrobial soap (one pump of GOJO® soap is about right)  
Paper towels (single use)

## Method:

1. Wet hands under running water
2. Add soap
3. Rub hands, wrists, between the fingers and around the nails for at least 30 seconds
4. Rinse thoroughly with water
5. Pat the skin dry with a single-use paper towel

## Remember to wash your hands:

- **Before** starting work
- **Before** handling cooked or ready-to-eat food
- **Before** and **after** handling raw food
- **Before** and **after** eating food
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching rubbish or cleaning
- **After** handling money



For a complete hand hygiene solution, use hand sanitisers where soap and water are not available and to complement your hand washing. Remember to moisturise your hands after working to ensure skin stays healthy and well-conditioned.

1. "The effectiveness of hand hygiene procedures in reducing the risks of infections in home and community settings including handwashing and alcohol-based hand sanitizers" Sally F. Bloomfield et al.  
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