

Protect yourself and others from getting sick

Always **wash your hands** with **soap** and **warm running water** and dry thoroughly, especially:

Before:

- Handling, preparing, serving, or consuming food or drink

After:

- Using or cleaning the toilet
- Changing nappies
- Being in contact to anyone with diarrhoea or vomiting
- Touching anything contaminated by diarrhoea or vomiting
- Handling contaminated clothing or bedding (including nappies)
- Handling household and garden waste or rubbish
- Touching or handling pets or other animals



RESIST

www.hse.ie/handhygiene

