Hand Wash

1 Wet hands with water.

2 Apply enough soap to cover all hand surfaces.
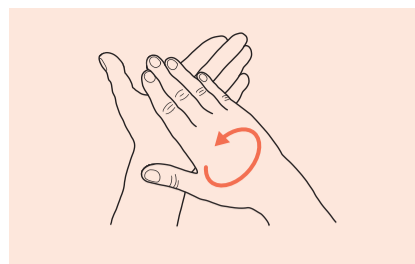
3 Rub hands palm to palm.
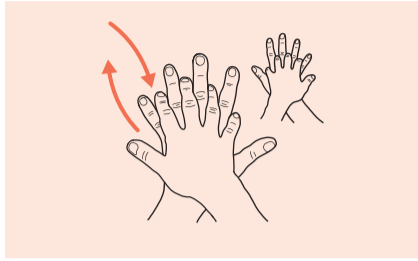
4 Right palm over left dorsum with interlaced fingers and vice versa.

5 Palm to palm with fingers interlaced.

6 Backs of fingers to opposing palms with fingers interlocked.

7 Rotational rubbing of left thumb clasped in right palm and vice versa.

8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

9 Rinse hands with water.

10 Dry hands thoroughly with a single use towel.

11 Use towel to turn off tap.

12 Your hands are now safe.
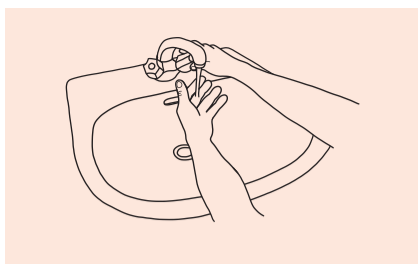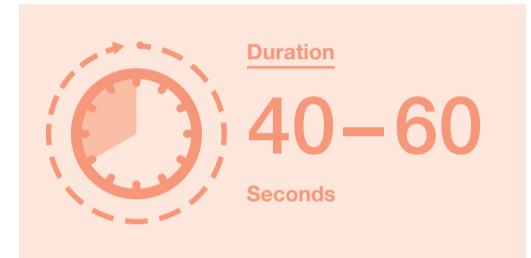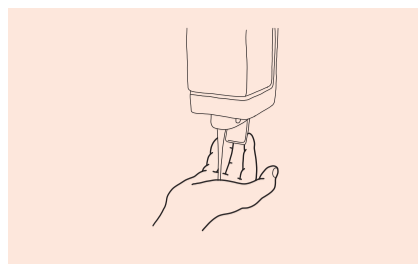
Wash hands;
- After you use the toilet.
- Once you clean up after your pet.
- Before you prepare food, handle food or eat.
- After touching raw meat.
- After you use public transport.
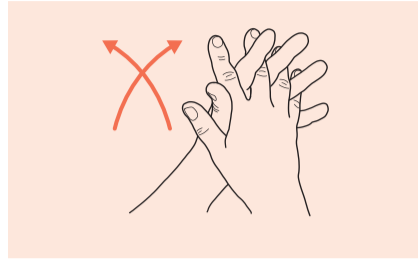- When you get home after meeting lots of people.

Duration

40−60

Seconds

Hand Rub

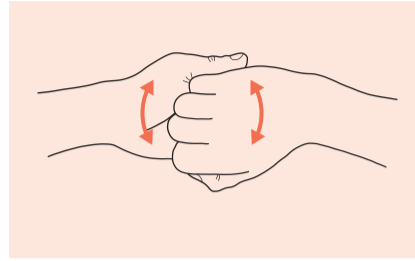**1** Apply a palmful of the product in a cupped hand, covering all surfaces.
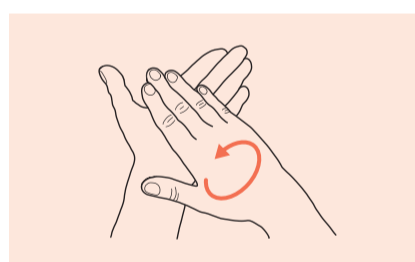
2 Rub hands palm to palm.
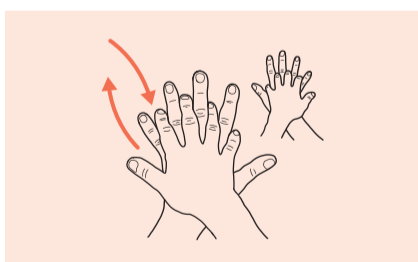
3 Right palm over left dorsum with interlaced fingers and vice versa.

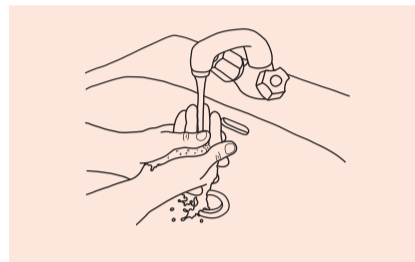**4** Palm to palm with fingers interlaced.

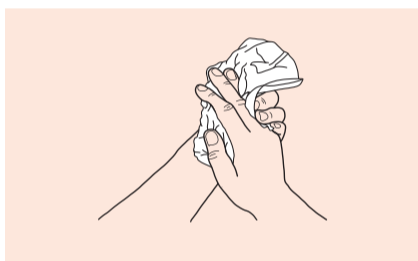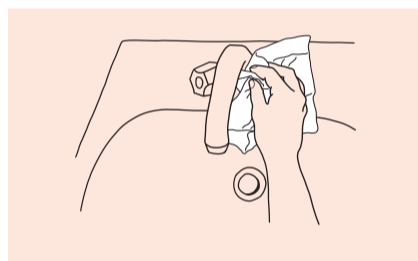**5** Backs of fingers to opposing palms with fingers interlocked.

6 Rotational rubbing of left thumb clasped in right palm and vice versa.

7 Rotational rubbing, backwards and forwards with clasped fingers or right hand in left palm and vice versa.
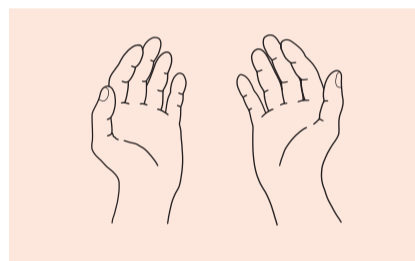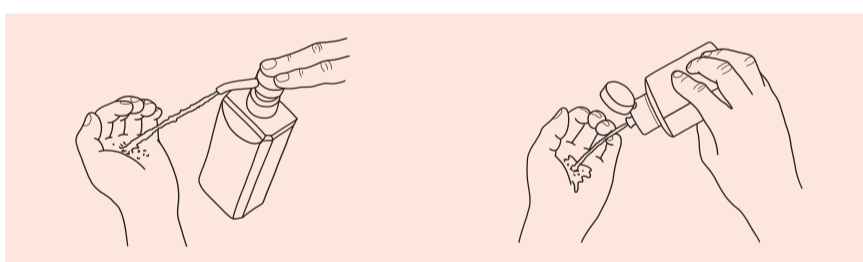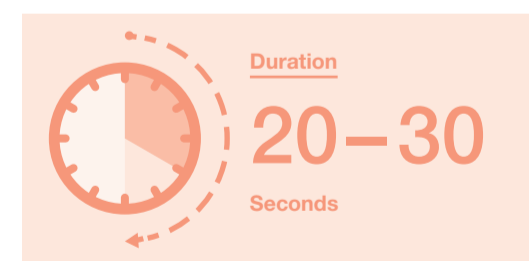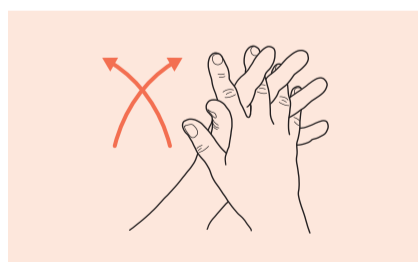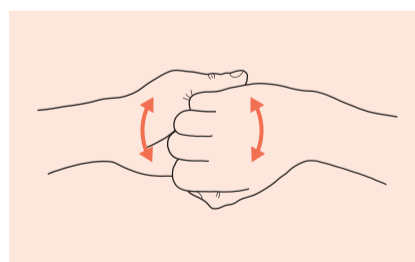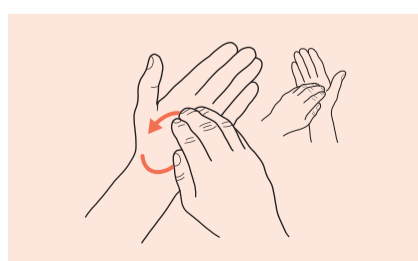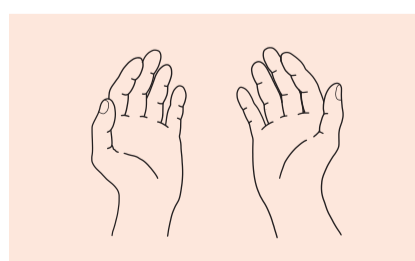
8 Once dry, your hands are safe.

Rub hands for hand hygiene!
In the absence of access to soap and water, use hand rub.

Duration

20−30

Seconds

HELPLINES & SUPPORT

HSE helpline
1850 24 1850
Mon–Fri 8am to 8pm
Sat + Sun 10am to 5pm

Alone support line
0818 222 024
Mon–Fri 8am to 8pm

In an emergency call
112 or 999

Place your eircode here to assist locating you in an emergency.

TRUSTWORTHY SOURCES OF INFORMATION

Irish Red Cross
www.redcross.ie

Department of Health
www.gov.ie/health-covid-19

Health Service Executive
www.hse.ie

World Health Organization
www.who.int

Source: World Health Organisation

Crois Dhearg na hÉireann
Irish **Red Cross**