



Everyone knows how to wash their hands,
don't they?

- 31% of men and 17% of women said they do not regularly wash their hands after using the toilet.
 - Poor personal hygiene is a major cause of food poisoning.
 - Germs stay alive on the hands for up to three hours.
 - Damp hands spread a thousand times more germs than dry hands.
- stop, think, wash!**
- Always use warm water.
 - Rub hands together vigorously for about 15 seconds, making sure both sides of the hands are washed thoroughly, around the thumbs, between fingers and under the nails.
 - Rinse with clean water.
 - Dry them thoroughly.
 - Washing your hands is one of the best habits you can use to prevent food-borne and other types of illness.