

# Handwashing



Germ. Wash your hands of them.

Information on Scotland's National Hand Hygiene Campaign

<https://washyourhandsofthem.com/home.aspx>

Hand washing should be part of everyone's daily routine especially:

- Before eating or handling food;
- After using the toilet;
- After blowing your nose, coughing or sneezing;
- After touching animals or animal waste;
- After handling rubbish;
- After changing a nappy;
- Before and after touching a sick or injured person;

Anti-bacterial soaps should only be used after an outbreak of infection as this prevents further spread, it **should not be used** on a daily basis.

