

Stop antibiotic resistance!

The most effective way you can stop bacteria spreading is by cleaning your hands!

Clean your hands when:

- before and after preparing food
- after blowing your nose, coughing or sneezing
- after visiting the toilet or changing nappies
- whenever hands are visibly dirty
- before and after carrying out physical care, eg handling body fluids, emptying a urinary catheter bag, and dressing a wound

Politely ask your healthcare worker if they have cleaned their hands before they touch you.

How do I wash my hands:

- wet hands under warm running water, apply soap and rub vigorously for at least 15 seconds covering all surfaces of the hands
- rinse under running water and dry thoroughly

