

OREI TE RIMA • WASH YOUR HANDS

HAND HYGIENE DAY

MAY 5, 2020

GOOD HEALTH AND HYGIENE GO HAND IN HAND

Hand hygiene is the single most important thing you can do to keep yourself and others protected.

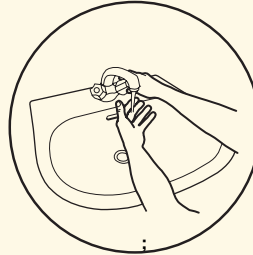
Every year May 5 is officially marked around the world as Hand Hygiene Day. Today it takes on greater significance than ever before as the Cook Islands focuses on infection protection in this new Covid era.

Help keep our little slice of paradise Covid-19 free: orei te rima, wash your hands! Washing your hands properly removes dirt, viruses and bacteria, which can spread illnesses. Handwashing with soap is an easy, effective do-it-yourself practice that prevents infections and saves lives. Using alcohol-based hand sanitiser is OK too providing it has at least 70% alcohol.

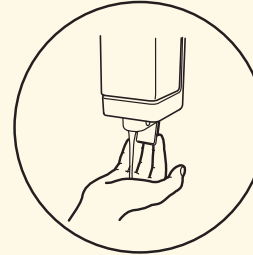
Everyone can protect themselves, their families and their communities through regular and frequent handwashing.

HOW TO HANDWASH

HANDWASHING SHOULD TAKE BETWEEN 40-60 SECONDS



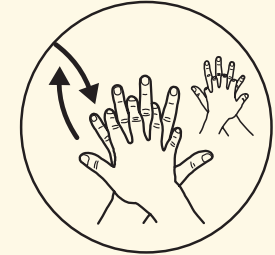
0. Wet hands with water;



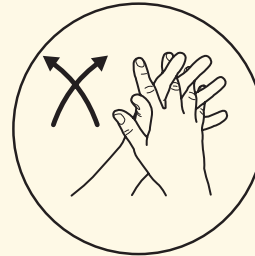
1. Apply enough soap to cover all hand surfaces;



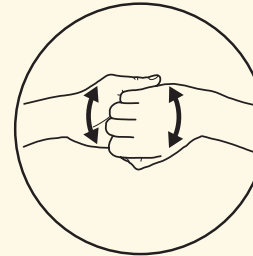
2. Rub hands palm to palm;



3. Right palm over left dorsum with interlaced fingers and vice versa;



4. Palm to palm with fingers interlaced;



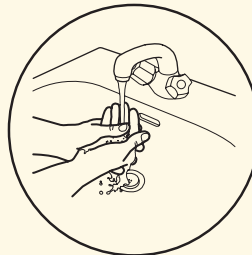
5. Backs of fingers to opposing palms with fingers interlocked;



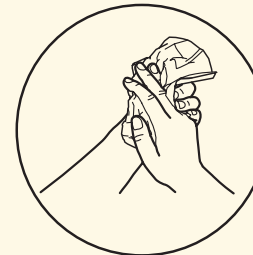
6. Rotational rubbing of left thumb clasped in right palm and vice versa;



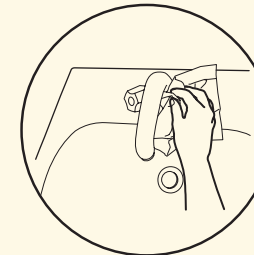
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8. Rinse hands with water;



9. Dry hands thoroughly with a single use towel;



10. Use towel to turn off tap;



11. Your hands are now safe.



Graphic: World Health Organisation

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