

Fight disease, hands down

Hand washing is a simple way to prevent infection

While hand hygiene has proven health benefits, many people don't practice the habit regularly. Do you know the dangers of poor hand hygiene?

Hands that are not cleaned adequately can lead to:

- Infecting yourself when you touch your eyes, nose or mouth
- Spreading infection to others by touching them or surfaces that they touch
- Passing on food-related illnesses, such as salmonella or E. coli infection

Protect your health, and the health of others, with the simple habit of good hand hygiene. Preventing illness is in your own hands.



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