



## THE IMPORTANCE OF GOOD HYGIENE

Hygiene is the way we take care of ourselves to stay healthy. We do this by brushing our teeth, showering, trimming our nails, changing into clean clothes regularly, etc. Good hygiene has never been so important as we look to protect ourselves and others from the spread of COVID-19.

In order to keep safe and follow effective hygiene practices it's crucial we keep up to date on the latest information from trusted sources, such as World Health Organisation (WHO) or our local and national health authorities, as they are best placed to advise on what people in our area should be doing to protect themselves.

When it comes to hygiene, the WHO has listed a number of simple precautions we can take to lower the risk of being infected or spreading COVID-19. They include:

### When should we wash our hands?

- After coughing or sneezing
- When caring for the sick
- Before, during & after you prepare food
- After handling animals or animal waste
- Before eating
- After using the toilet
- When your hands are visibly dirty

- Frequently and thoroughly washing our hands with soap (applying a coin-sized amount) and water or using alcohol-based hand rub to kill any viruses that may be on our hands - simple but effective. Avoid touching our eyes, mouth and nose immediately after using any alcohol-based hand sanitizer, as it can cause irritation.

- Avoid touching our eyes, nose and mouth, as our hands touch many surfaces and can pick up viruses. Once contaminated, our hands can transfer the virus to our eyes, nose or mouth. From there, the virus can enter our bodies and infect us.

- Follow good respiratory hygiene. This means covering our mouths and noses with a bent elbow or tissue when we cough or sneeze. Then dispose of the used tissue immediately and wash our hands.

Developing these routines now is a good long-term strategy for keeping our community healthy and it's worth remembering that COVID-19 is not the only virus that good hygiene can help us from contracting and spreading, with other more common viruses like cold and flu also being limited by effective hygiene practices.

Remember, good hygiene habits never go out of season and can help to keep us and our loved ones safe!