FIGHTING NOVEL CORONAVIRUS WITH CLEAN HANDS

WCT COVID-19 TASK FORCE
WHY HAND HYGIENE IS SIGNIFICANT

It is your hands that are most likely to pick up the virus. A simple shake of a hand with an infected person, or touching a surface on which an infected person may have left the virus behind, will result in the virus transferring on to you. Poor hand hygiene encourages the spread of the virus.

- Shaking hands
- The droplets released on coughing or sneezing can spread the virus
- By touching contaminated surfaces
LET'S BREAK THE CHAIN!

PREVENTION & NOT PANIC

- Social Distancing
- Proper Hand Hygiene
- Personal Hygiene Etiquettes
- Not to touch face with unwashed hands
- Self Isolation
- Disinfect surfaces you touch daily
- Eat Healthy
WHEN TO WASH HANDS

- After visiting public place.
- After using washroom.
- After cleaning up.
- Before, during & after cooking.
- Before & after eating food.
- After touching garbage.
- Before & after caring for someone sick.
- Before and after treating a cut or wound.
- After changing diapers or cleaning up a child.
- After blowing your nose, coughing or sneezing.
- After touching an animal, animal feed or animal waste.
- After putting on your shoes.
How can I remember the hand washing steps?

Memorise the mnemonic SUMAN K - Seedha Ulta Mutthi Angutha Nakhoon Kalai

Scrub your hands for at least 20 seconds.
Need a timer?
Hum the "Happy Birthday" song from beginning to end, twice!
TIPS FOR HAND HYGIENE AND SKIN CARE

- Hand sanitiser to be used only when soap and water are not available. Let the applied sanitiser dry completely to be more effective in killing the virus.

- Pat your hands dry after washing and leave a small amount of dampness. Use a moisturiser immediately to avoid drying of hands.

- Applying moisturiser on your hands before going to bed is recommended.

- Use hand skin creams without irritants such as retinol, anti-aging serums, allergens, fragrances, etc.

- Use olive oil or coconut oil if a moisturiser cream is not available.

- Always keep nails short and trim them regularly. Avoid biting your nails.
WHY IS THIS SO IMPORTANT

• If the virus latches on to your hands from an infected person or a contaminated surface, you run the risk of infecting yourself as well as those around you.

• The spread of coronavirus is largely successful because of people’s hands coming in contact with the virus. When they touch their nose, mouth or eyes with the same contaminated hands, the virus finds an inroad into their bodies.

• To break the chain and contain the spread of the virus, please wash your hands often with soap and water.