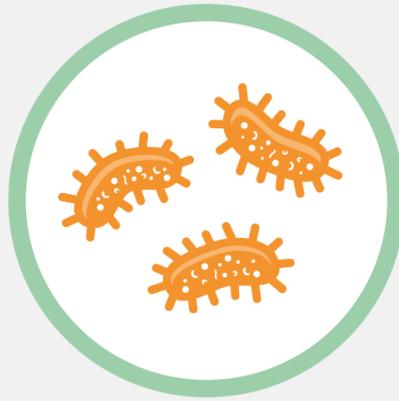You should wash your hands regularly throughout the day after you've cooked, cleaned, been to the toilet or have been in public areas. Use 60% and above alcohol-based hand gel or sanitiser if you don't have immediate access to soap and water.

People can become infected with respiratory illnesses such as influenza or the common cold, for example, if they don't wash their hands before touching their eyes, nose, or mouth.

If regular hand-washing throughout the day is causing irritated or dry skin, you can use hand creams and moisturisers to prevent your skin from becoming sensitive or sore. Drying your hands thoroughly will also reduce this.

Hand Hygiene...
Everything you need to know!

According to the United Nations, washing your hands is the most cost-effective intervention for control of the spreading and catching of diseases. Hand-washing can prevent around 20% of respiratory infections.
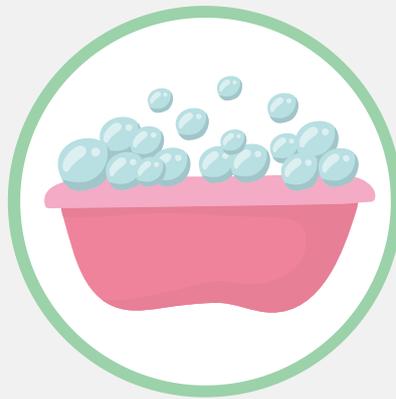
The main medical purpose of washing hands is to cleanse the hands of pathogens (including bacteria or viruses) and chemicals which can cause personal harm.

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning or flu.

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