



let's talk about

health

Let's Talk About Health is a regular column produced by MidCentral District Health Board. If you have any feedback or suggestions for future topics, please phone (06) 350 8945 or email communications@midcentraldhb.govt.nz

MidCentral District Health Board

WASH YOUR HANDS Your Best Defence Against Disease

If you want to protect yourself, your family and your community from flu, colds, diarrhoea and other bugs, the answer is in your hands – literally.

The simple act of hand washing is your best protection. It stops the spread of diseases such as hepatitis A, norovirus, whooping cough and gastroenteritis.



● Areas most frequently missed during handwashing
● Less frequently missed
● Not missed

1

Wet your hands with clean, running water (warm or cold) and apply soap.

2

Rub your hands together to make a lather and scrub well. Be sure to wash between your fingers, on the back of your hand and under your nails. Don't forget your wrists.

3

Continue rubbing hands for at least 20 seconds. Count to 20 or sing the happy birthday song twice over.

4

Rinse hands well under running water.

5

Dry hands completely.



Soap and water is best!

If soap and water isn't available, use alcohol-based sanitisers. (Get one with at least 60% alcohol).

REMEMBER:

- Sanitisers do not work well on visibly grimy hands – remove dirt first then apply.
- Sanitiser works well against most but not all germs.