

Illustrated guide to preventing infection by washing hands: preventing spread of coughs, colds and influenza in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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Germ Farm



Scrub'em!

Hand washing Technique



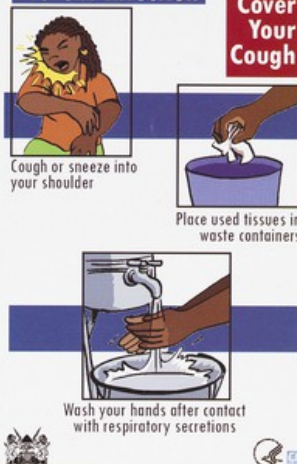
Prevent Infection

Wash Your Hands



Prevent Infection

Cover Your Cough



Wash Your Hands

Protect Your Patients. Protect Yourself.



Wash before each patient contact



Wash after each patient contact



Hand hygiene is the **most effective way** to prevent the spread of infections in hospitals.

Protect Your Family. Protect Yourself.

In the hospital...



Observe visiting hours, limit the number of visits, and do not visit if you are sick.



Keep at least one metre between yourself and others.

Stop the spread of coughs, colds, and influenza.

Protect Your Family. Protect Yourself.

Cover your cough or sneeze.



Cough or sneeze into your arm.

OR



Use a tissue and then throw away...



...then wash your hands.

Stop the spread of coughs, colds, and influenza.