

Good Hygiene Practices

We recommend that you practice social distancing - reducing your rate of contact with other people, so as to avoid spreading any infection. Below are a number of good hygiene practices that you should try to use when you are at work or in a public place, to better protect yourself.



Avoid Shaking hands with strangers or people you've just met. If you feel unwell. Self quarantine yourself, and rest until you have recovered.



Sneeze/cough into a tissue and dispose immediately into a bin. Do not use a cotton hanky. If you do not have a tissue then sneeze or cough into your elbow or the crook of your armpit.



Avoid touching all surfaces in public places especially in Germ Hotspots. If you must touch a surface ensure that you sanitize or wash & dry your hands using a single-use paper towels.



Avoid large gatherings and crowded spaces WHO recommends keeping a distance of about 1 metre from the next person.



Avoid Hand and Jet Air Dryers, always dry your hands using a single-use paper hand towel after washing your hands with soap and water.

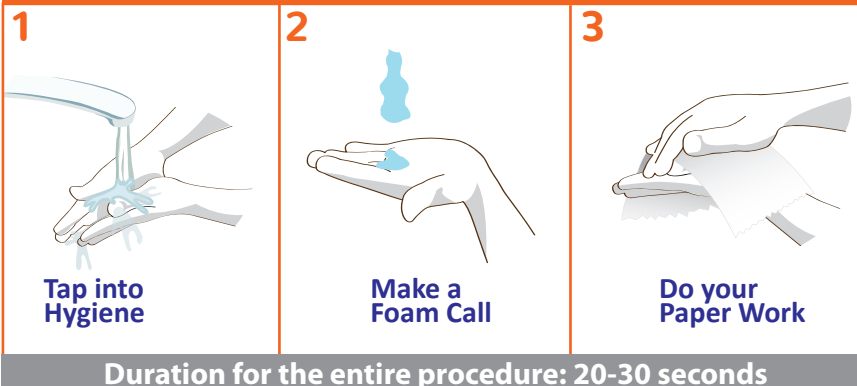
**Ref: World Health Organization



Hand Washing and Drying Procedure



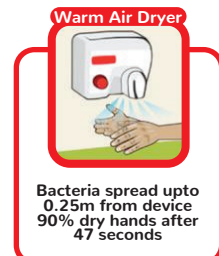
Clean Hands Here



HandDrying
Wet hands are not clean. Dry your hands with a Paper Hand Towel to reduce the spread of germs

-76% less bacteria

+194% more bacteria



+42% more bacteria



Go

Ensure you take care of you and those close to you through proper Hand Hygiene.

Use provided Hand Hygiene Solutions at germ hotspots or carry your own solutions include: single-use tissues, wet wipes, soap and sanitizers



Facials
Pocket tissues
Antibacterial wipes



Foam Soap



Paper Hand Towel



Sanitizers



HAND HYGIENE GUIDE

What the Science says...

Disgusting truth about Hand and Jet Air Dryers

Research shows that the surface of Hand & Jet Air Dryers have more contamination than the average toilet seat.

Summary of Key Research Findings

Review scientific summaries of featured studies & research to learn the truth for yourself



Mayo Clinic Proceedings

Paper hand towels dry hands, remove bacteria and cause less contamination than Jet hand dryers. Best for high risk areas.



World Health Organization

Proper hand washing technique is to rinse hands with soap & water & dry with a single-use paper towel



European Tissue Symposium

90% of people prefer paper towels to Jet Air Dryers in washrooms



Journal of Hospital Infection

Microbiological Comparison of Hand-Drying Methods: Single Use Paper Towels spread the fewest microbes while Jet Air dryers spread the most with a high risk of cross contamination.



Journal of Hospital Infection

Part of the study also found potential for contamination in the chest area of the user, as well as on bystanders when using a Jet Air Dryer.



Journal of Applied Microbiology

This study concludes that Jet Air Dryers disperse significantly more microbes a greater distance compared to paper towels

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Pocket tissues
Antibacterial wipes



Foam
Soap



Paper
Hand
Towel



Sanitizers

#ItsInYourHands

Clean Hands
Saves Lives

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UPLIFTING LIVES...