Effective hand hygiene is important to prevent the spread of infection when washing your hands.

Wet your hands, apply a good amount of soap, rub the palms vigorously together. Rub the backs of your hands and between your fingers, rub the thumbs, rub fingernails against palms and wash the wrists.

Rinse thoroughly. Dry with a disposable towel or hand dryer.

Hand washing should take at least 20 seconds.

If soap and water is not available you may use a hand sanitizer. If your hands are soiled, use a moist wipe to remove the soiling before using the sanitizer. Dispose of the wipe appropriately.

Dispense one pump of the sanitizer into the palm of one hand, rub the palms of your hands vigorously together, rub the backs of your hands in between your fingers, rub the thumbs, rub fingernails against palms and rub the rest.

Always supervise students using a sanitizer.

Remember to wash your hands before and after preparing or eating food, going to the toilet, being in the playground, touching animals, sneezing, blowing your nose or coughing or assisting students with activities.

Remember to also wash your hands when supporting a student with a health need, before and after administering medication, performing a health procedure, performing first aid, using disposable gloves and when cleaning equipment.

When using gloves, remember the gloves do not remove the need to wash your hands before and after using them. Select the right size gloves for your hands, check the gloves for rips or tears, pull the glove on by gripping the cuffs. Ensure the gloves are fitted properly. Ensure the cuffs are pulled up to cover your wrists.

To remove the gloves, using the index finger of one hand, slide this in the cuff of one of the gloves, pull the glove inside out and into the palm of the remaining glove. Repeat this action with the remaining glove to ensure the soiled sides are contained.

Dispose of the gloves appropriately. Do not multitask when using gloves. Use new gloves between tasks and between students.

Other hygiene activities: avoid handshakes, avoid touching your face, eyes or mouth, cough and sneeze using a tissue or use the elbow technique if no tissues are available, clean surfaces regularly, open windows where possible or adjust air conditioners to improve airflow.