

WASH YOUR HANDS

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK



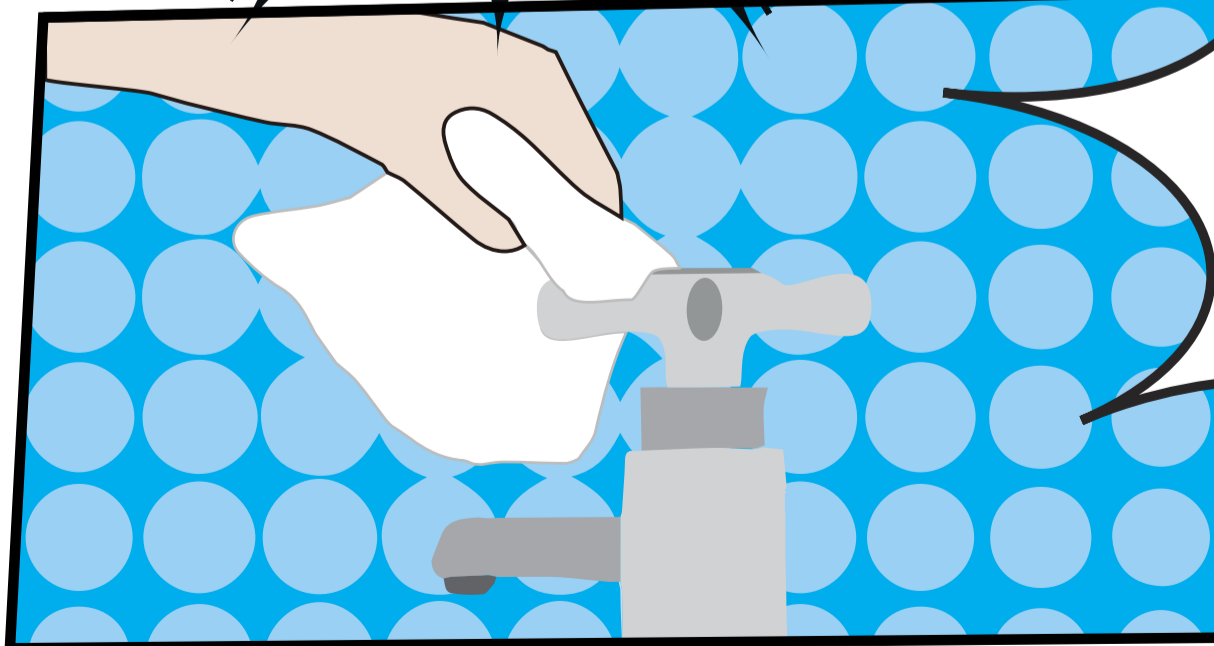
- You can use hand sanitiser to clean your hands but you need to use soap and water if they look dirty
- Wet your hands under warm running water and then apply soap
- Rub your hands together until the soap forms a lather

- Rub the top of your hands, between your fingers and clean your fingertips

- Do this for about 20 seconds



Do not turn off the tap with your cleaned hands
- use a piece of tissue if it is a twist tap



THANKS!



Seirbhís Sláinte
Níos Fearr
á Forbairt

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NIGH DO LÁMHA

**CHIR STOP LE SCAIPEADH NA BHFRÍDÍNÍ
A CHUIREANN TINNEAS AR DHAOINE**



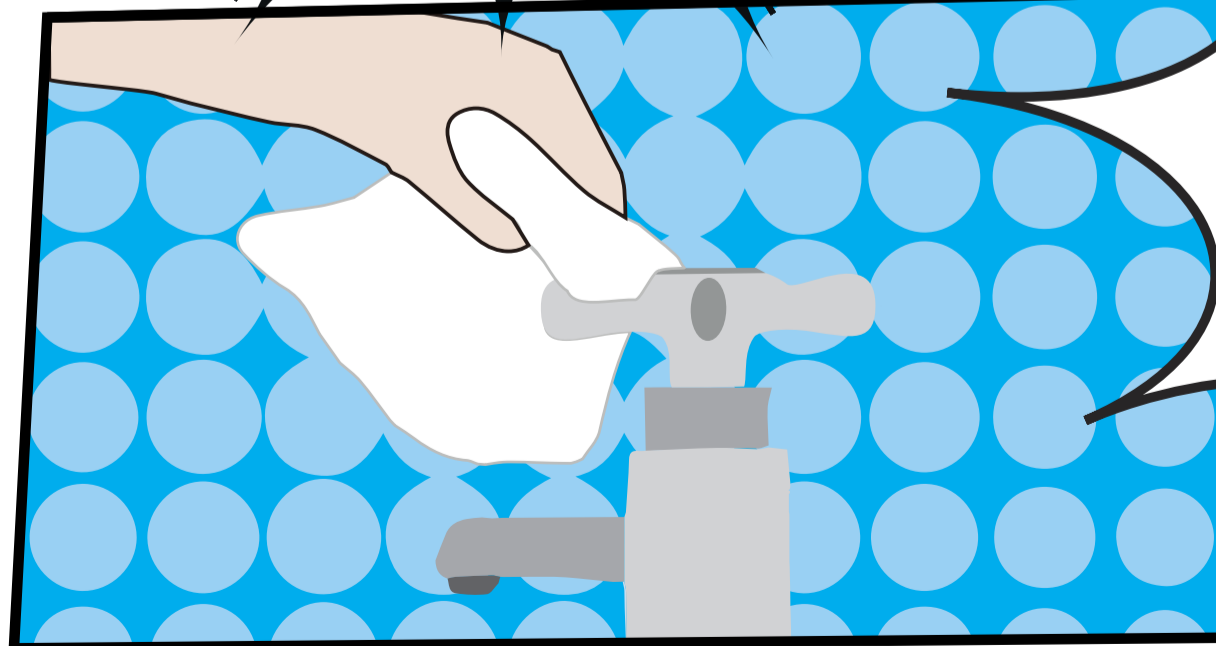
- Is féidir leat do lámha a ghlanadh leis an díghalrán lámh ach má tá cuma shalach ar do lámha beidh ort iad a ní le huisce agus gallúnach
- Nigh do lámha le huisce te ón sconna agus ansin cuir gallúnach orthu
- Cuimil do lámha le chéile chun sobal a dhéanamh

• Cuimil uachtar na lámh, idir na méara agus glan barr do mhéara

• Déan é seo ar feadh 20 soicind



Ná cas an sconna as le do lámha glana – úsáid ciarsúr má bhíonn ort an sconna a fháisceadh



**GO RAIBH
MAITH AGAT!**



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