

Protect yourself... and those you care for!

Self- contamination is a common problem associated with touching or removing PPE, and contributes to the spread of viral infections such as Covid-19, Diarrhoea & Vomiting or Influenza

PPE, including face masks, is only effective when used properly and combined with good, effective hand hygiene.

A simple message to remember is:

- **If you touch it... remove it!**
- **Dispose of it safely!**
- **Clean your hands - with soap & water or alcohol hand gel.**

BE AWARE... Alcohol hand gel is not fully effective against the germs that cause D&V

