Hygiene and Hand Care

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as coronavirus. Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can help stop people picking up infections and spreading them to others.

Wash your hands thoroughly for at least 20 seconds each time you touch a surface, or item outside of your own home, or when receiving your post or deliveries. Remember to scrub the backs of your hands, your thumbs, between your fingers, your fingertips, and under your nails.

Some useful things you can make sure you have regular access to are:

Item	Use
Soap dispenser	Wash your hands regularly to kill viruses or harmful bacteria on your hands and wrists.
Hand sanitiser (60% alcohol)	To carry / use when there is no sink nearby. Hand gel is a good alternative, but **washing your hands with soap and water is the best method of killing the virus**.
Barrier cream	Protects your skin from irritants, reducing the risk of dermatitis from repeated hand washing.
Antibacterial wipes	To kill viruses or harmful bacteria on surfaces. Wipe down the items you regularly use such as your mobile phone and computer keyboard.
Disposal bags	To dispose of wipes, tissues and other items that have come into contact with the virus.

Hand Care

Regularly check your skin for early signs of dermatitis, as repeated and prolonged contact with water or washing hands regularly with soap and water immediately before or after using an alcohol-based product may lead to dermatitis.

Check for **dryness, itching, and redness,** which can develop into **flaking, scaling cracks, swelling and blisters**.

**If you think you may have dermatitis, report it to your manager,
as they may need to refer you to Occupational Health.**