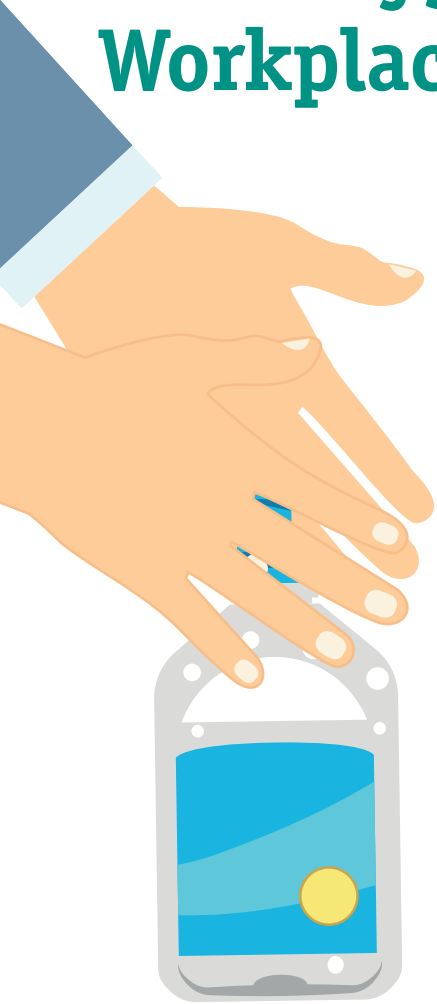


Seven Moments for Hand Hygiene in the Workplace



3 After reading newspapers or magazines on your break or in communal areas

4 Before and after your lunch

4 After using a colleague's keyboard or tools

5 Before and after meet and greet activity in your office

2 Before and after staff or team meetings if food is served

6 When using shared office equipment like photocopiers, phones, etc.

1 Each time you use the restroom

Handwashing prevents illnesses and the spread of infections to others:

Wash hands with soap and water for at least 40 seconds, or use an alcohol-based hand sanitizer.

- Reduces respiratory illnesses, such as colds, in the general population by 21%
- Reduces the number of people who get sick with diarrhea by 31%

Source: www.cdc.gov/handwashing/why-handwashing.html

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