Please clean your hands

- protect yourself and others against infectious diseases

Wash your hands with soap and water or use hand disinfectant.

We recommend that you use **soap and water** when hands are visibly dirty, and always after using the toilet.





Clean your hands in the following situations:

When you have been to the toilet or touched items such as a urine bottle or a mobile toilet chair.



When entering and leaving a patient room or patient bed.



If you are caring for a wound, before and after touching a wound dressing or changing it.



After you have blown your nose, coughed, or sneezed.



Before eating.



If you handle a urinary catheter, before and after touching the catheter.



