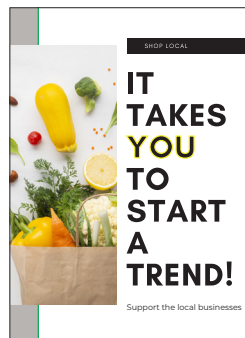
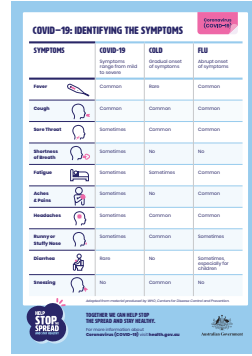


PRE-MADE DESIGNS READY FOR PRINT



HYGEINE AND INSTRUCTIONAL POSTERS

Protect yourself from viruses



Clean your hands with soap and water, or hand sanitiser.



Cover your nose and mouth when you cough or sneeze.



Avoid close contact with anyone with cold or flu-like symptoms.



Stay home if you are sick.



Find the facts
health.nsw.gov.au/coronavirus



**KEEP SAFE
&
WASH YOUR
HANDS**

CLEAN HANDS SAVE LIVES

12 steps to successful everyday handwashing

Queensland Health

Duration
of hand-wash
15-20
SECONDS

STEPS 1 TO 12



1 Wet hands with water.



2 Apply enough soap to cover all hand surfaces.



3 Lather thoroughly.



4 Rub hands palm to palm.



5 Rub hands palm to palm with fingers interlaced.



6 Rub back of hand using the palm of the other with fingers interlaced.



7 Rub in a circular motion with the tip of fingers in the palm of the opposite hand.



8 Clean thumbs by holding it in the other hand and rotating.



9 Rub wrist with the opposite hand.



10 Interlock fingers and rub back of fingers on opposite palms.



11 Rinse hands with water.



12 Dry hands with clean paper towel and use paper towel to turn off tap.

Researchers think that if everyone washed their hands properly, about 1 million lives would be saved every year.*

When performed correctly, hand hygiene results in a reduction of microorganisms on hands. Poor hand hygiene contributes to the spread of pathogens, which can cause health issues such as gastrointestinal and respiratory infections.

Please note: These guidelines are for social handwashing only, such as after toilet use and before touching food. This poster is not intended for use in clinical settings.

*Based on a study published in the New England Journal of Medicine. The study found that if everyone washed their hands properly, about 1 million lives would be saved every year. The study also found that hand hygiene is one of the most effective ways to prevent the spread of infections.



How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

All materials produced by the World Health Organization in partnership with the National Health Commission of the Republic of China (Taiwan). The materials are intended for use in the Republic of China (Taiwan) and are not to be distributed outside of the Republic of China (Taiwan). The materials are not to be used for any other purpose without the prior written consent of the World Health Organization. The materials are not to be used for any other purpose without the prior written consent of the World Health Organization.

COVID-19: IDENTIFYING THE SYMPTOMS

Coronavirus
(COVID-19)

SYMPTOMS	COVID-19	COLD	FLU
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms
Fever 	Common	Rare	Common
Cough 	Common	Common	Common
Sore Throat 	Sometimes	Common	Common
Shortness of Breath 	Sometimes	No	No
Fatigue 	Sometimes	Sometimes	Common
Aches & Pains 	Sometimes	No	Common
Headaches 	Sometimes	Common	Common
Runny or Stuffy Nose 	Sometimes	Common	Sometimes
Diarrhea 	Rare	No	Sometimes, especially for children
Sneezing 	No	Common	No

Adapted from material produced by WHO, Centers for Disease Control and Prevention.



TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.

For more information about Coronavirus (COVID-19) visit [health.gov.au](https://www.health.gov.au)



A Healthy Future is in your

HANDS

Wash your Hands with soap and water for at least 20 seconds.



1



WET

2



APPLY SOAP

3



SCRUB

4



RINSE

5



DRY

KEEP EVERYONE SAFE,
PLEASE WASH YOUR
HANDS.

3

STEPS

for household cleaning

1

CLEAN

Use a clean cloth, detergent and water to clean the surface

2

RINSE

Then rinse with clean water and another clean cloth

3

DRY

Allow to dry

You can also reduce the germs in your home by regularly:

- Cleaning everywhere
- Disinfecting surfaces
- Washing linen and towels

For more information, visit www.health.qld.gov.au/coronavirus

Queensland Government

SOCIAL DISTANCING FLOOR MARKERS



PLEASE STAND BEHIND LINE

ENCOURAGE SUPPORT FOR SMALL BUSINESS



ADDITIONAL SECURITY MEASURES

