



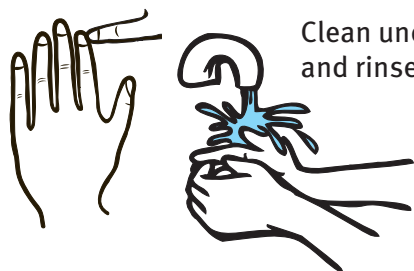



Stay healthy in disasters wash your hands



To protect your health it is important to wash your hands often.


When drinking quality water is available:

 <p>Wet hands with water and apply soap</p>	<p>Rub hands together</p> 	 <p>Clean the back of your hands</p>
 <p>Clean between all fingers and thumbs</p>	 <p>Clean under the nails and rinse with water</p>	 <p>Dry hands with a clean towel, paper towel or air dry</p>

When drinking quality water is not available, or limited:

Hands that look dirty or feel gritty


1. Wash your hands using the above steps
2. Apply an alcohol based hand rub*.



*Alcohol based hand rubs do not work when hands are visibly dirty.

Hands that look clean

1. Apply hand rub
2. Rub hands together, the back of your hands and between fingers until hands are dry.



For further information call **13 HEALTH (13 43 25 84)** or visit www.health.qld.gov.au/disaster

Contact your nearest public health unit—13 QGOV (13 74 68)