

# PANDEMIC INFLUENZA

## WHAT YOU NEED TO KNOW

A close-up photograph of two hands being washed with white, bubbly soap suds. The hands are positioned diagonally across the frame, with the fingers spread. The background is a plain, light-colored wall. The overall tone is clean and hygienic.

**KEEP YOUR  
HANDS CLEAN**

# WASH YOUR HANDS PROPERLY



1. Lather hand with soap



2. Rub your palms



3. Rub each finger and between fingers



4. Scrub nails on palms




5. Rub back of hands and between fingers



6. Wash hands with sufficient clean water



7. Dry hands with clean cloth or tissue



Call me  
BETA STREPTOCOCCI  
Group A... I'm delighted  
to give you a  
sore throat

Hi I'm  
STAPHYLOCOCCUS  
How would you like  
a big zit or boil?

My name is  
BACILLUS SPECIES  
and I'm a normal  
contaminate

I'm known as  
INFLUENZA A. Among  
other things, I love to  
give you pneumonia

I am CLOSTRIDIUM  
DIFFICILE. I cause  
colitis

# WHAT ARE THE DANGERS LYING ON YOUR HAND?

BOO! I'm E coli -  
short for ESCHERICHIA  
coli, I cause nice things  
like diarrhoea or urinary  
tract infections.

## PRACTICE WASHING HANDS:

- After using the toilet
- Before eating
- Before and while preparing food
- When you touch raw food materials, contaminated surfaces; your face, nose, ears or other parts of the body
- Whenever your hands are dirty

**REMOVE YOUR RING AND BANGLES/  
BRACELETS BEFORE WASHING HANDS**



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