

People can be their own best protection against this illness by remembering to **CHIRP**:

**C**over your mouth when you cough, with your elbow or a tissue

**H**ands – wash them often

**I**solate yourself by maintaining a personal space of 1.5m and stay home if you are sick

**R**educe germs in your home and workplace by cleaning with disinfectant

**P**repare yourself and your family by creating an emergency plan and influenza kit.

The best way to wash your hands is:

### Hand Hygiene Technique



1. Palm to palm.



2. Right palm over left back of hand and left palm over right back of hand.



3. Palm to palm fingers interlaced



4. Backs of fingers to opposing palms with fingers interlocked.



5. Rotational rubbing of right thumb clasped in left palm and vice versa.



6. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa.

Reference: Hand washing technique

(Alliffe et al 1978; Lawrence 1985)

### How long should people wash and dry their hands each time?

People should use the 20-20 rule – wash their hands for 20 seconds with warm soapy water and dry thoroughly with clean towels or paper towels for another 20 seconds.

### How should you clean surfaces if someone is ill in your house?

Keep areas which are touched frequently – e.g. door knobs and surfaces in the sick person's room – clean and disinfected by using normal household bleach: One part bleach to four parts water.