

# 12 STEPS wash hands properly



wet hands with water



apply enough soap to cover all hand surfaces



rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs to fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



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



rub your left wrist with right palm and vice versa



rinse hands with water



dry thoroughly with a single use towel



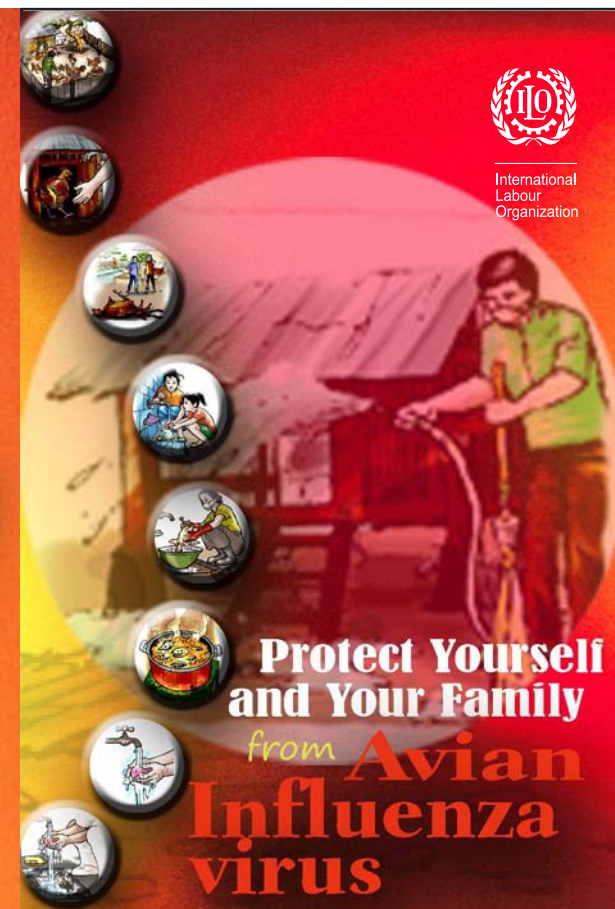
use towel to turn off faucet



40-60 sec.  
... and your hands are safe.



International  
Labour  
Organization



**Protect Yourself  
and Your Family  
from Avian  
Influenza  
virus**



Direct contact with infected poultry



Contact with poultry product or materials contaminated with poultry droppings, and body fluid

Wash hands with soap and running water

- after going to toilet
- before eating



**Maintain personal  
hygiene at the  
workplace and at home**

**Identify and be aware on  
source of infection and  
mode of virus transmission**

Keep poultry separate from the house

Keep poultry in appropriate cages, clean the cages frequently

Use gloves and mask when handling the poultry/poultry waste

Wash hands with soap after contact with poultry/poultry waste



**Handle your poultry safely**

Wash hands before handling food and often during food preparation

Separate raw and cooked food

Use separate equipment and utensil such as, knives and cutting board for handling raw and cooked foods

Cook food thoroughly



**Handle your food safely**