

CLEAN YOUR HANDS OFTEN.

Keeping your hands clean will help you avoid getting sick and spreading germs to others.

Here are some hand hygiene tips:



Wash your hands with soap and water for at least 15 seconds



Alcohol-based hand cleansers are useful when soap and water are not available



Don't forget the backs of your hands and in between your fingers

Hand hygiene is everyone's responsibility.

Feel free to ask our staff if they have washed their hands before they provide treatment or conduct procedures.