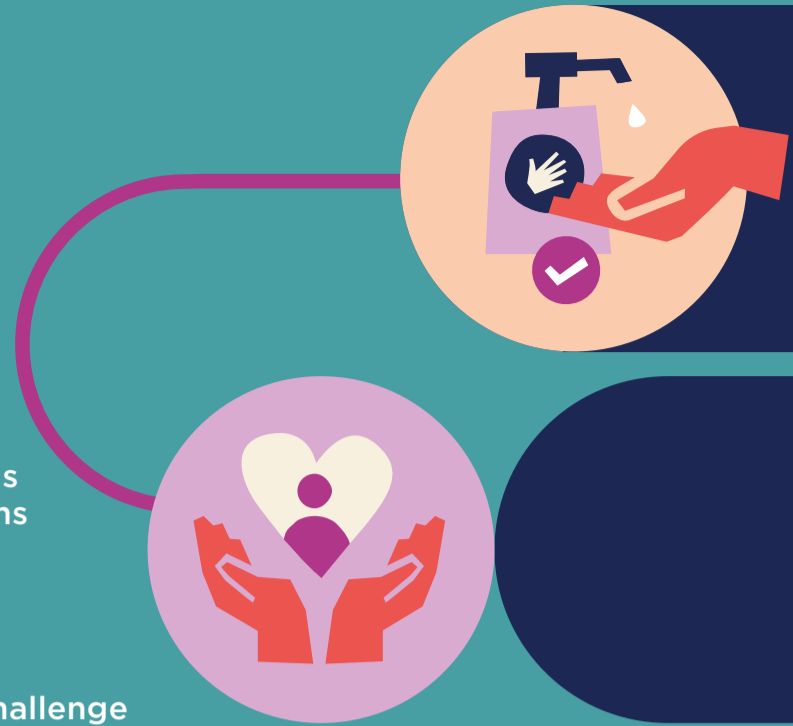


BINGO

WORLD HAND HYGIENE DAY

5 MAY 2026

1. Print the instruction sheet (cut out the coloured hands), and this bingo card. You can play individually or divide people into teams
2. Complete a square each time you perform the hand hygiene action listed
3. Place or stick a hand cut-out over the completed square
4. Aim to complete a line (horizontal, vertical or diagonal) — or challenge yourself to fill the whole card!
5. Celebrate and share your progress with your team



Practised
'Bare Below
the Elbows'

Used PPE
correctly

Maintained
respiratory
hygiene

Managed
sharps safely

Ensured
environmental
cleanliness

Disposed
of waste
properly

Handled
linen safely

Applied
aseptic
techniques

Have short,
clean, natural
nails

Performed the
5 moments for
hand hygiene

Used ABHR
correctly

Washed hands
with soap &
water when
visibly soiled

Moisturised
hands

Removed
necessary
jewellery
before work

Did hand
hygiene after
removing gloves

Completed
hand hygiene
education
this year

