

Action saves lives

WORLD HAND HYGIENE DAY

5 MAY 2026

Children & Carers



ALWAYS WASH HANDS



Before eating



After going to the toilet



After blowing your nose



After sneezing or coughing



After touching animals



If they look dirty

HOW TO WASH HANDS



WET hands with water



SOAP your hands



RUB your hands together for 20 seconds



RINSE your hands with water



DRY your hands with paper towel

FOR CARERS

ALWAYS

- Before and after giving medication
- Whenever hands look dirty

BEFORE

- Preparing or eating food
- Preparing a bottle
- Helping children with eating or drinking

AFTER

- Changing a nappy or helping a child with toileting
- Helping a child with wiping or blowing their nose
- Cleaning activities

WEAR GLOVES*

- When cleaning up bodily fluids
- When handling ready-to-eat food

*perform hand hygiene before donning and after removing of gloves

SAFETY FIRST

- Always supervise young children when they are using alcohol-based sanitiser to prevent accidental swallowing
- Store hand sanitiser out of reach of small children



ACIPC
Australasian College
for Infection Prevention and Control