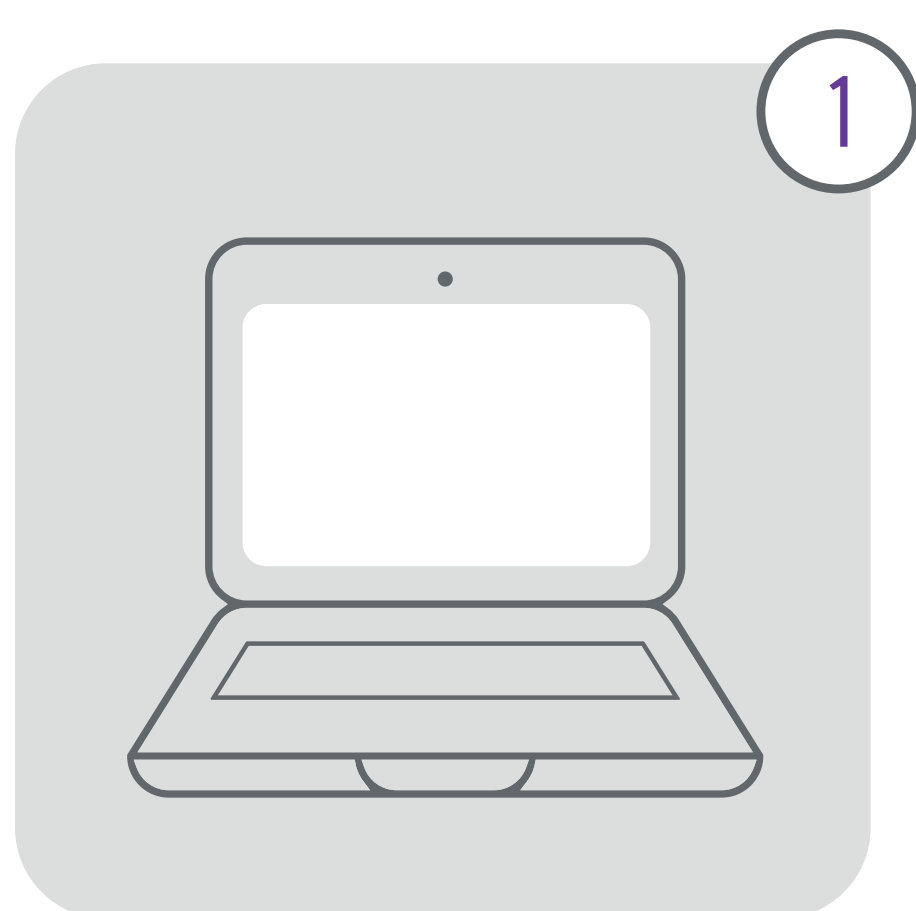


# Five Moments for Hand Hygiene in the Workplace



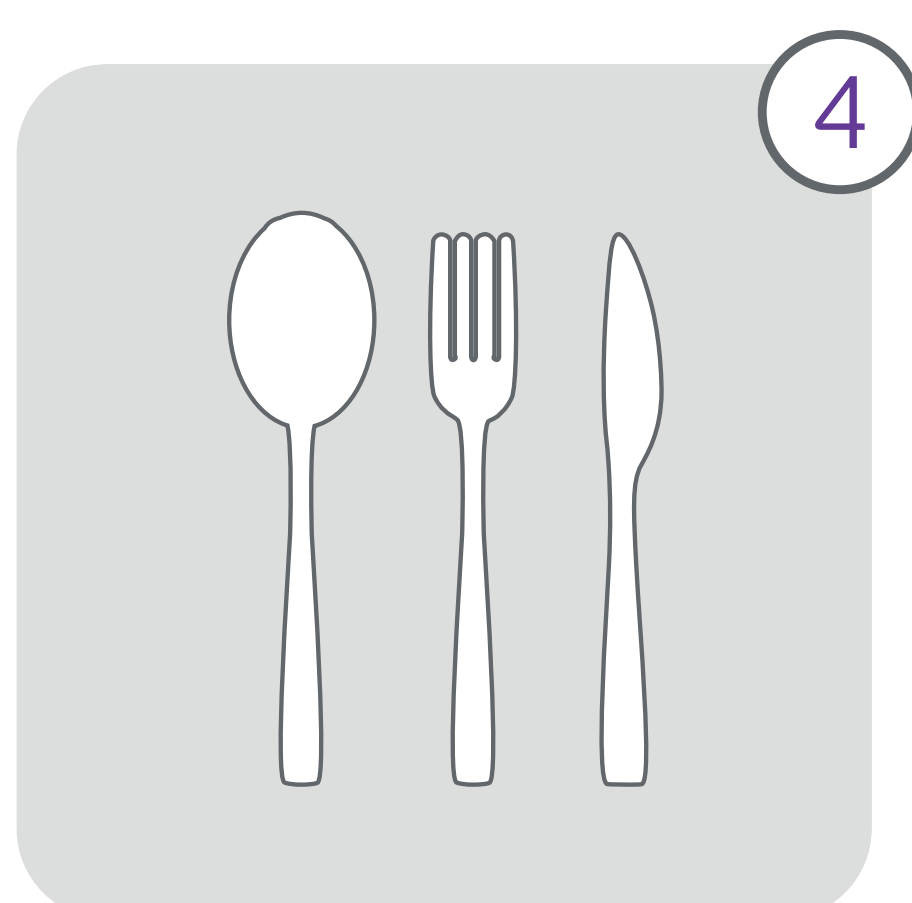
After using a colleague's keyboard or tools



After reading newspapers or magazines on your break or in communal areas



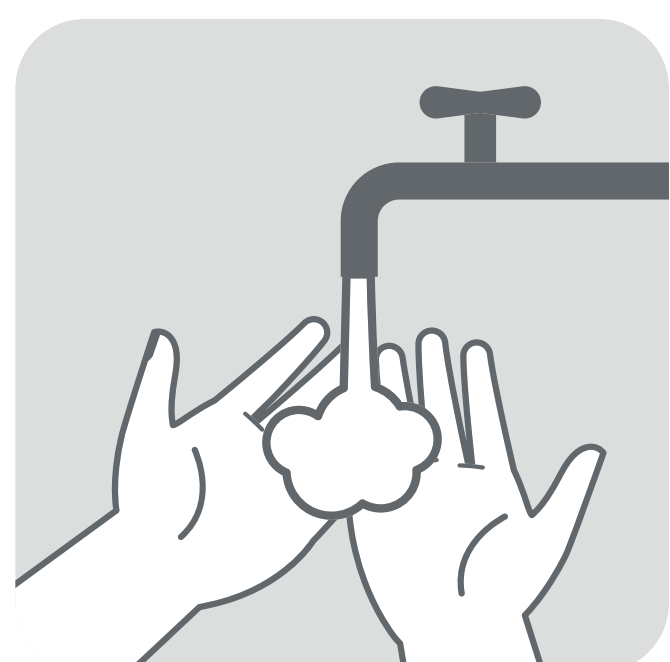
Each time you use the restroom



Before and after your lunch



When using shared office equipment like photocopiers, phones, etc.



## Handwashing prevents illnesses and the spread of infections to others:

Wash hands with soap and water for at least 40 - 60 seconds, or use an alcohol-based hand sanitizer:

- Reduces respiratory illnesses, such as colds, in the general population by 21%
- Reduces the number of people who get sick with diarrhea by 31%

