

## Protect yourself and others

A vertical poster with an orange background. At the top, the text 'Protect yourself and others from getting sick' is written in white. Below this, a dark grey box contains the heading 'Wash your hands' in white. To the left of the text is an illustration of a hand being washed under a running faucet. To the right of the faucet is a bulleted list of when to wash hands. At the bottom left is the 'RESIST' logo, at the bottom center is the website 'www.hse.ie/handhygiene', and at the bottom right is the HSE logo.

**Protect yourself and others  
from getting sick**

**Wash your hands**

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty

**RESIST** [www.hse.ie/handhygiene](http://www.hse.ie/handhygiene) **HSE** hse