

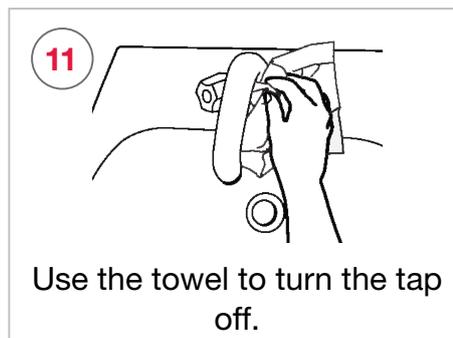
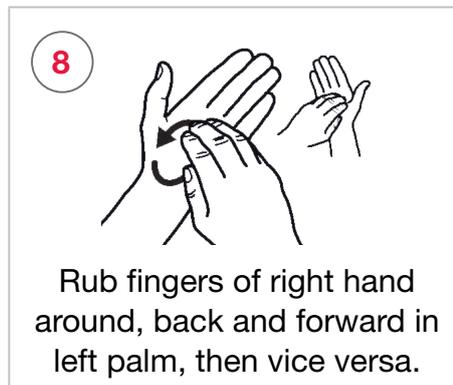


First aid fact sheet

How to hand wash correctly

The single most important action you can do to avoid infection is **washing your hands**.

- Wash your hands when they are visibly dirty. Otherwise, use an alcohol handrub liquid.
- Washing your hands should take 40–60 seconds.



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In a medical emergency call **Triple Zero (000)**

You could save a life with first aid training • www.stjohn.org.au • **1300 360 455**

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