

# Targeted Hygiene in practice

The 9 key moments when hygiene really matters are when you:



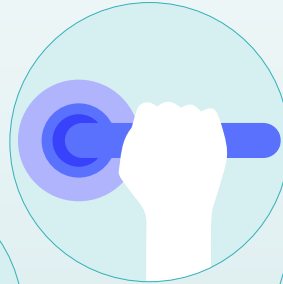
1.  
Handle  
food



3.  
Use the toilet  
or change  
a baby's nappy



5.  
Touch surfaces  
frequently touched  
by others



7.  
Care for  
domestic animals



9.  
Care for an  
infected family  
member



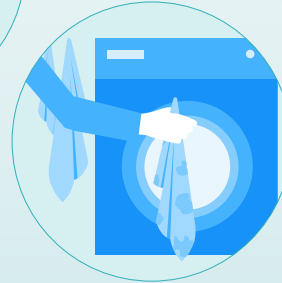
2.  
Eat with  
your fingers



4.  
Cough,  
sneeze and  
blow your nose



6.  
Handle and launder  
dirty clothing and  
household linens



8.  
Handle and  
dispose of rubbish



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## CALL TO ACTION

If we practice good hygiene at each of these moments, this will deal with most of the risk of spread of infection in our homes.

More information: [cleanright.eu](https://cleanright.eu)

