

Targeted Hygiene in practice

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

A·I·S·E



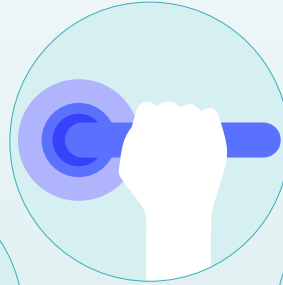
1.
Handle
food



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



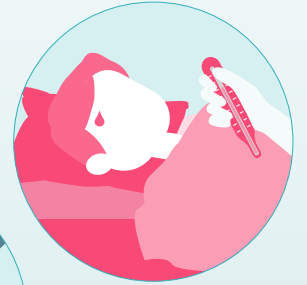
5.
Touch surfaces
frequently touched
by others



7.
Care for
domestic animals



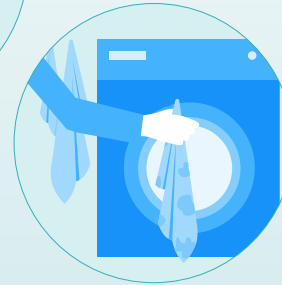
9.
Care for an
infected family
member



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

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.