

# Wash or Sanitise!



After using the bathroom or changing a nappy



Before and after handling raw foods like meat and vegetables



Before handling food and before eating



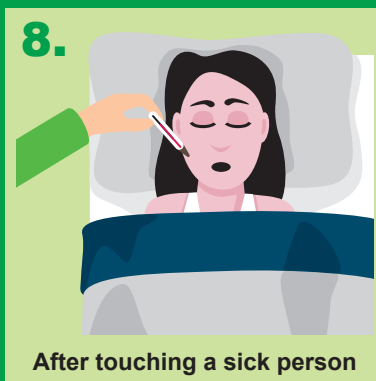
After touching animals, including pets, their food and after cleaning their cages



After handling rubbish



Before and after treating a cut or wound



After touching a sick person



After using public transport