

# Wash your hands

Stop the spread of germs that make people sick

You can use hand sanitiser to clean your hands but you need to use soap and water to clean your hands if they look dirty



Wash your hands before you eat or help to cook food

Clean your hands when you come home, after going to the toilet, after coughing or sneezing



# Thanks!

# Nigh do lámha

Cuir stop le scaipeadh na bhfrídíní a chuireann tinneas ar dhaoine

Is féidir leat do lámha a ghlanadh leis an díghalrán lámh ach má tá cuma shalach ar do lámha beidh ort iad a ní le huisce agus gallúnach



Glan do lámha sula n-itheann tú nó sula réitíonn tú bia

Glan do lámha ar theacht abhaile duit, tar éis dul go dtí an leithreas, tar éis casacht nó sraothartach



# Go raibh maith agat