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Special Release

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### **Communication from the UHS: Hand Washing**

As part of the campaign to emphasize the role of prevention, members of the University community are hereby reminded of the importance of hand washing.

Hand washing when correctly carried out has been found to reduce burden of infectious diseases by up to 40%.

Hand washing should be done preferably under running water.

Hand washing times include but are not limited to the following:

- After using the convenience (Toilets)
- After eating
- After shaking hands
- After handling currency notes (money)
- Upon return from any outing
- After examining items from the market
- After shopping
- After holding onto railings
- Before and after caring for someone who is sick
- After changing the diaper or cleaning up a child

Lather your hands by rubbing them together with the soap. Lather the back of your hands, between fingers and nails. Soak hands for at least 20 seconds.

Thank you.

**Ganiyu O. Saliu, MANUPA, MNIM, MAUA**  
*Registrar/Secretary to Council*