When to Wash Our Hands

- 進食及處理食物前 (Before eating & preparing food)
- 觸摸眼睛、鼻子或嘴巴前後 (Before & after touching eyes, nose and mouth)
- 觸摸公共物件後 (After touching public equipment)
- 接觸病人前後 (Before and after coming in contact with patients)
- 如廁後 (After using the toilet)
- 打噴嚏及咳嗽後 (After coughing or sneezing)

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