

# Where to Practice Hygiene at Each of the Key Moments



Coughing & sneezing, talking, shouting, singing



Using the toilet



After handling & preparing raw food



Before handling food & eating with fingers



Clearing & cleaning up after a meal



Touching high-contact surfaces



Handling & laundering clothing & linens



Caring for pets & other domestic animals



Domestic waste disposal

Hand hygiene										
Hand contact surface hygiene										
Food contact surface hygiene										
Cooking, eating & drinking utensils										
Cleaning equipment hygiene										
Laundry hygiene										
Air hygiene	Social distancing									
	Mask wearing									
	Ventilation									
Others	Cleaning the toilet									