

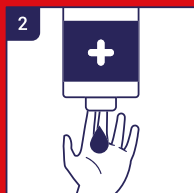
PREVENT THE SPREAD OF GERMS AT DORKING RUGBY

Please ensure that you follow these simple hand hygiene steps help prevent the spread of germs.

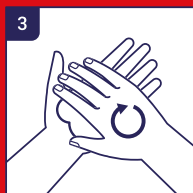
HANDWASHING:



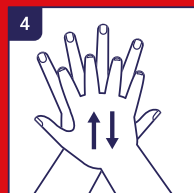
1 WET HANDS



2 APPLY SOAP



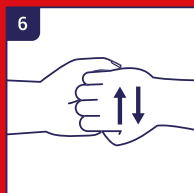
3 RUB HANDS PALM TO PALM



4 LATHER THE BACKS OF YOUR HANDS



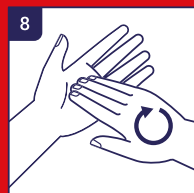
5 SCRUB BETWEEN YOUR FINGERS



6 RUB THE BACKS OF FINGERS ON THE OPPOSING PALMS



7 CLEAN THUMBS



8 WASH FINGERNAILS AND FINGERTIPS



9 RINSE HANDS



10 DRY WITH A SINGLE USE TOWEL

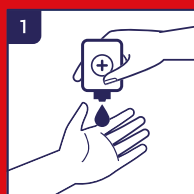


11 USE THE TOWEL TO TURN OFF THE FAUCET



12 YOUR HANDS ARE CLEAN

HAND SANITISING:



1 APPLY THE PRODUCT ON THE PALM OF ONE HAND



2 RUB HANDS TOGETHER



3 COVER ALL SURFACES UNTIL HANDS FEEL DRY (20 SEC)

Good hand washing and drying practices as recommended by the World Health Organization - with soap and water - are still the number one way to prevent infectious diseases.

Soap works better than alcohol, sanitisers or disinfectants to destroy viruses, because soap contains fat-like molecules known as amphiphiles.

Some amphiphile molecules are structurally similar to the fatty membrane which holds a virus together. These similarities make the soap amphiphiles compete with the fat molecules in the virus membrane.

This dissolves the membrane holding the virus together, causing the virus to fall apart and become inactive.

Alcohol-based products also dissolve the fatty membrane, but not as effectively as soap. A fairly high concentration (60% plus) of alcohol is needed to get a rapid dissolution of the virus.

Alcohol-based products are a good alternative when soap is not available, but should never replace good handwashing practices.

(Information provided by Rentokil Initial).



DORKING
RUGBY
FOOTBALL CLUB