









KEEP CLEAN BE HEALTHY

Personal and household hygiene begins with the individual. Maintaining personal and household hygiene can effectively prevent and reduce spread of infections, including infection such as Methicillin –Resistant Staphylococcus aureus (MRSA) which is increasing even in healthy individuals.

Some practical tips on maintaining personal and household hygiene:

Personal Hygiene and Self-care	Household Hygiene
<p>1) HAND HYGIENE</p> <ul style="list-style-type: none"> ➤ Make hand hygiene part of daily routine ➤ Wash hands thoroughly with liquid soap for at least 20 seconds before and after handling food, taking care of sick person, using toilet, coughing and touching pet 	<p>1) FOOD</p> <ul style="list-style-type: none"> Keep in proper temperature, check expiry date and discard spoilt food items ➤ Handle raw and cooked food separately ➤ Store cooked food in upper and raw food in lower compartment separately in covered container ➤ Leftover food should be stored properly in refrigerator (4°C or below) and thoroughly reheated to 75°C or above before serving again
<p>2) PERSONAL HYGIENE</p> <ul style="list-style-type: none"> Take bath and wash hair daily or on alternate day. Do not share personal items such as razors, tooth brush, towels 	<p>2) FREQUENTLY TOUCHED SURFACES</p> <ul style="list-style-type: none"> Furniture, toys, utensils, toilets, bathrooms and floor should be cleaned and disinfected at least daily.
<p>3) WOUND CARE</p> <ul style="list-style-type: none"> Any skin wounds must be treated carefully-cover with waterproof adhesive bandage, keep it dry, clean and change the dressing material regularly. ➤ Seek medical advice if there is sign of infection such as redness, swelling, pain and oozing 	<p>3) KITCHEN</p> <ul style="list-style-type: none"> Clean ventilation and range hood regularly ➤ Clean and defrost the refrigerator regularly and keep proper temperature (i.e at/below 4°C inside the refrigerator and at/below -18 °C inside the freezer) 
<p>4) RESPIRATORY HYGIENE</p> <ul style="list-style-type: none"> Cover nose and mouth while sneezing/coughing ➤ If there are respiratory symptoms (such as cough , fever, sore throat), wear a surgical mask and seek medical advice 	<p>4) USE OF DISINFECTANT(BLEACH)</p> <ul style="list-style-type: none"> 1 part of 5.25% household bleach in 99 parts of tap water)for non-metallic surface or 70% alcohol for metallic surface) wait until dry and then rinse with water 
<p>5) MEDICATION</p> <ul style="list-style-type: none"> Do not take antibiotics without medical advices. 	<p>5) HANDLING PETS AT HOME</p> <ul style="list-style-type: none"> keep the children away from areas that may contain pet's or other animal excreta. ➤ Increase the frequency of cleaning 

Let's join hands to enjoy happy and healthy life!!!

Information provided by Department of Health Hong Kong