

# How to safely handle your drink bottle



Perform hand hygiene **BEFORE** and **AFTER** using your drink bottle



Don't allow anyone else to touch or use your drink bottle



Once home wash your drink bottle with warm soapy water and air dry

**Regularly check your drink bottle**

**Do not use if cracked or damaged**

Performing regular hand hygiene at work is the best defence against coronavirus (COVID-19) to reduce the spread of infection.

It's important to keep hydrated at work by taking appropriate breaks. Avoid using drink bottles in clinical areas.