How to care for the eyes

1

You need:
- Cotton pads **OR** clean washcloth
- Clean water
- Rubbish bag
- Towel (optional)

2

Wash your hands

3

Wet a cotton pad or washcloth with clean water

4

Wipe gently from the inside to the outside of the eye

5

Repeat until eyes are clean

★ Use a clean pad or washcloth for each wipe

6

Place used cotton pads in rubbish bag

7

Wash your hands

How to care for the nose

1

You need:
- Washcloth
- Cotton tips
- Clean water
- Rubbish bag

2

Wash your hands

3

Wet washcloth and squeeze out excess water

4

Wipe gently around the entrance to the nose with washcloth

5

If there is dry mucous around the nostril, a wet cotton tip can be used to remove it

★ Don't push cotton tip too far up the nose

6

Place used cotton tips in rubbish bag

7

Wash your hands

📱 **If you need help**   **Service name:** ....   **T**......................................