

## What is good **handwashing**?

### Did you know?

- There is a special way to wash your hands that gives you and your family more protection against infection.
- Simple soap and water remove most known germs effectively.
- When you rub your hands with soap and water, you actually detach germs that are sitting on your skin.
- Soap and warm running water offer the best protection.
- Drying your hands well is just as important as washing them (as germs are more easily transferred from wet hands).
- Paper towels are much less likely to carry germs than shared towels or hand dryers.
- A thorough 15-second handwash could save your life.**

## What **more** can **you** do?

Please ask for more information on **interesting handwashing facts**, and take home fun-filled **bug busting** and **happy hands** sheets for your children to enjoy.

Help protect **yourself** and your **family**

### Wash your hands before...

- preparing food
- eating food

### Wash your hands after...

- handling raw meat
- using the toilet
- changing a nappy
- touching rubbish bins
- using cleaning cloths
- playing with pets
- emptying litter trays
- working in the garden
- cleaning up blood or vomit

**Ask your local healthcare team for further help and advice.**

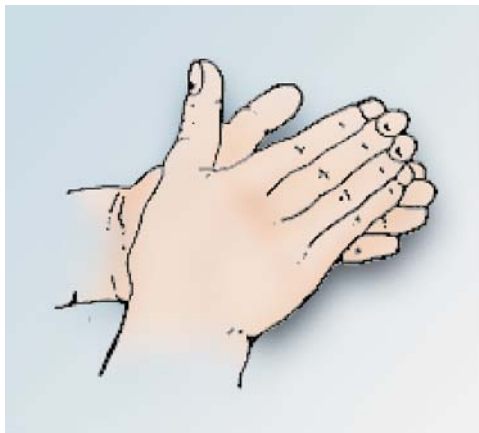


**GOOD  
HANDWASHING**  
six easy steps to  
clean hands

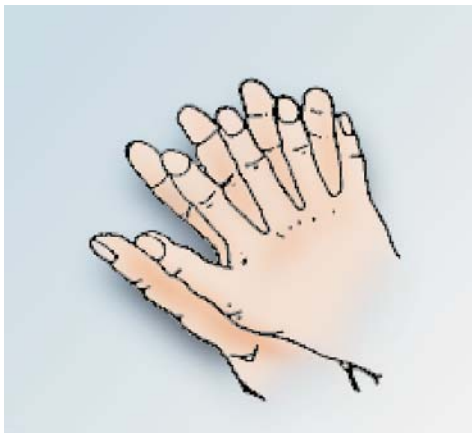
## six easy steps to **clean hands**

### Before you begin

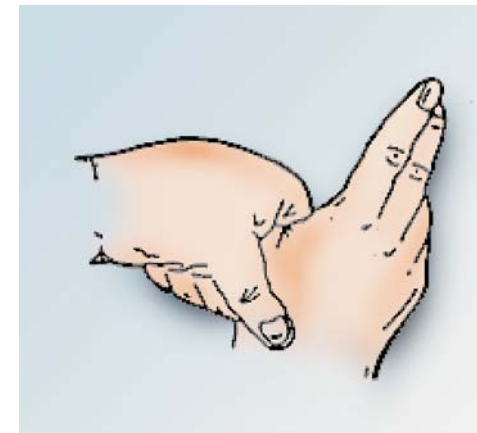
Wet your hands under warm running water, apply soap, and then follow these six steps, rubbing the hands together quickly and firmly for around 15 seconds.



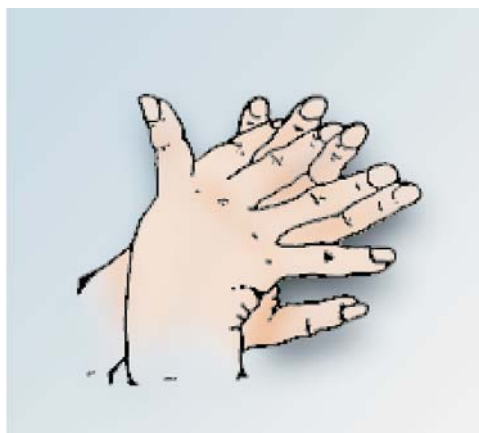
1. Rub palm to palm



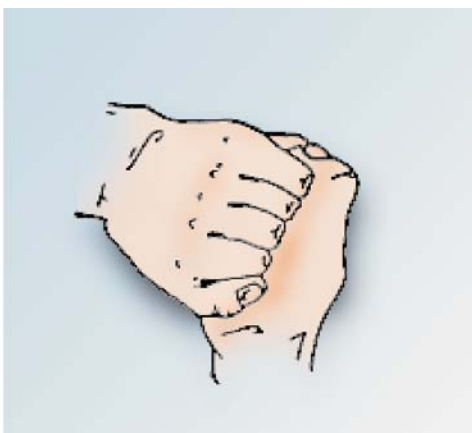
3. Rub palm to palm interlacing the fingers



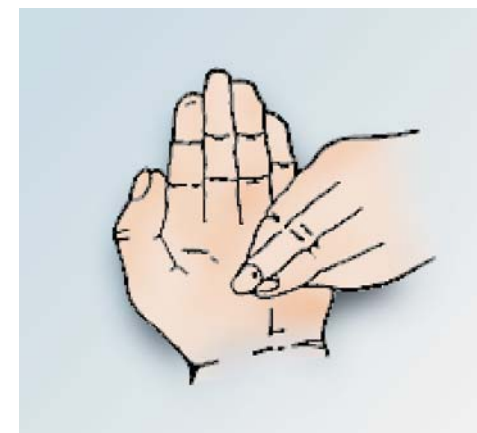
5. Rub the thumbs (rotational rubbing of right thumb clasped in the left palm, and then vice versa)



2. Rub the back of both hands (right palm over left back and then vice versa)



4. Rub the backs of fingers by interlocking the hands



6. Rub palms with fingertips (rotational rubbing of right fingers on left palm, and then vice versa)

### When your hands are clean

Rinse your hands under warm running water, and **dry thoroughly**.