



HAND WASHING PREVENT THE SPREAD OF INFECTION

Proper hand hygiene is the number one way to reducing the risk of infection. It's important to wash hands frequently and properly with soap and water for at least 20 seconds.



Recommended by the



- ✓ Soap and water is the best and preferred method of correct hand hygiene
- ✓ Hands should be washed for at least 20 seconds. An easy way to keep you on track is to sing Happy Birthday twice.
- ✓ An acceptable alternative to hand washing is to use an alcohol based sanitiser, with at least 60% alcohol. When possible use hand washing as the preferred method.
- ✓ If using hand sanitiser hands should be rubbed together until the product has fully dried.



01. Wet hands under running water



02. Apply soap and rub palms together to ensure complete coverage



03. Spread the soap over the back of the hands



04. Make sure the soap gets in between the fingers



05. Grip the fingers on each hand



06. Pay particular attention to the thumbs



07. Press fingertips into the palm of each hand



08. Dry thoroughly with a disposable paper towel