Wash your hands
Steps to wash your hands with soap and water

1. Lather hands with soap and water and rub hands palm to palm.
2. Right palm over back of left hand with interlaced fingers and vice versa.
3. Palm to palm with fingers interlaced.
4. Backs of fingers to opposing palm with fingers interlaced.
5. Rotational rubbing of left thumb clasped in right palm and vice versa.
6. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa.
7. Rinse hands with water.
8. Dry hands on single use towel and your hands are safe.

Spread the word not the germs!

Adapted with permission from WHO Guidelines on Hand Hygiene in Health Care. http://www.who.int/patientsafety/information_centre