

Wash your hands fully and often with soap and warm water and **especially**:

Before *and* after:

- * preparing, serving or eating food
- * dealing with sick people
- * changing a nappy
- * treating a cut or a wound

After:

- * going or bringing someone to the toilet
- * blowing your nose, coughing or sneezing
- * handling rubbish or bins
- * handling an animal or animal litter, droppings, toys, and bowls
- * being on the farm

To wash hands properly:

- Rub all parts of the hands and wrists with soap and water for **at least** 15 seconds (or as long as it takes to sing the “*Happy Birthday to you*” song 2 times!)
- Don’t miss out on washing your finger tips, between your fingers, the back of your hands and the bottom of your thumbs – the pictures here will help.

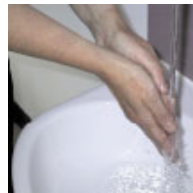
Getting ready to wash your hands:

1



- ◆ Remove your watch, rings and bracelets

2



- ◆ Wet hands fully under warm running water

3



- ◆ Put a squirt of liquid soap into your cupped hand

Washing your hands - take at least 15 seconds (sing the “Happy birthday to you” song 2 times!)

4



- ◆ Rub palm to palm 5 times to make suds

5



- ◆ Rub your right palm over the back of your left hand and up to your wrist 5 times
- ◆ Repeat on the other hand

6



- ◆ With right hand over the back of left hand, rub fingers 5 times
- ◆ Repeat on the other hand

7



- ◆ Rub palm to palm with fingers interlaced

8



- ◆ Wash both thumbs using twisting movement

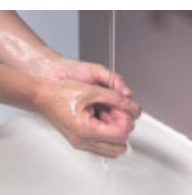
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- ◆ Wash nail beds—rub the tips of your fingers against the opposite palm

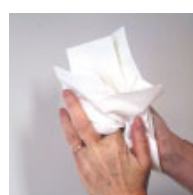
Rinsing and drying your hands:

10



- ◆ Rinse hands fully to make sure all the soap is gone

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- ◆ Dry hands fully using a clean hand towel or a fresh paper towel
- ◆ Bin the paper towel after use



Public Health Area B

September 2022