

Winter Hygiene.

Clean up!

Handwashing Guide.

Washing your hands using liquid soap and water is one of the best ways to help stop germs spreading. If soap and water aren't available and your hands already look clean, you can use a hand sanitiser to help kill the germs on your hands.

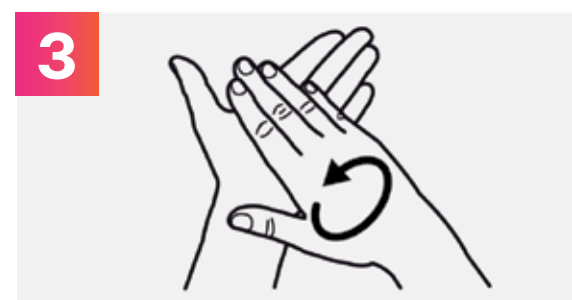
For best results spend long enough washing your hands to sing the Happy Birthday song twice (around 40-60 seconds).



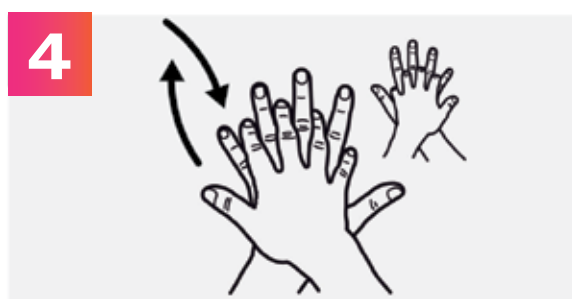
1 Wet hands with water;



2 Apply enough soap to cover all hand surfaces;



3 Rub hands palm to palm;



4 Right palm over left dorsum with interlaced fingers and vice versa;



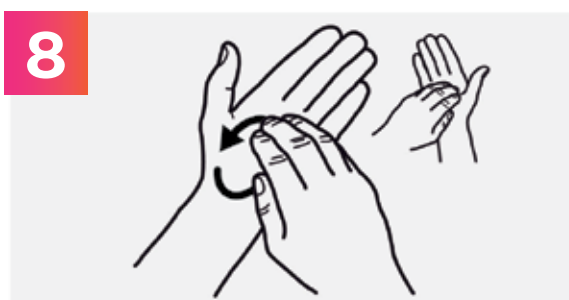
5 Palm to palm with fingers interlaced;



6 Back of fingers to opposing palms with fingers interlocked;



7 Rotational rubbing of left thumb clasped in right palm and vice versa;



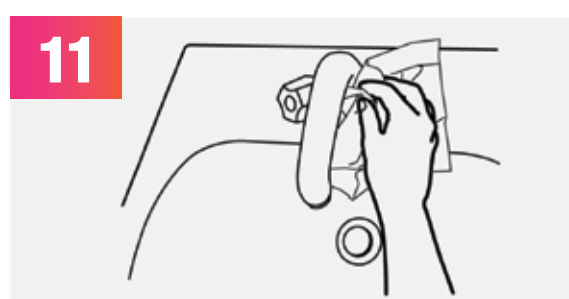
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



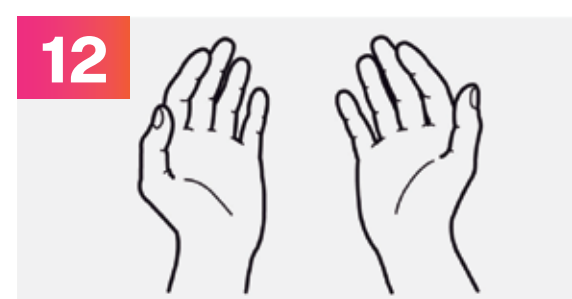
9 Rinse hands with water;



10 Dry hands thoroughly with a single use towel;



11 Use towel to turn off faucet;



12 Your hands are now safe.