

HOW TO WASH YOUR HANDS IN SIX SIMPLE STEPS



First of all wet your hands with warm water and add soap



1. Palm to palm



4. Backs of fingers to opposing palms with fingers interlocked



2. Right palm over back of left hand, then left palm over back of right hand



5. Rotationally rub right thumb clasped in left palm and vice versa with left thumb



3. Palm to palm fingers interlocked



6. Using circular motion rub finger tips into palm of other hand and likewise to other palm.

It only takes 15 seconds to wash your hands properly and help reduce infections such as: Colds, flu, diarrhoea, food poisoning, conjunctivitis, MRSA

And finally, rinse with fresh running tap water, dry ideally with a single use disposable towel or hand dryer.