



Stop the spread of germs - please Wash your hands for at least 20 seconds Handwashing guide for service users and visitors

Wet your hands under warm running water, apply liquid soap and wash hands following the 6 steps below. Then you should rinse your hands under warm running water and dry thoroughly with a clean towel.



1. Rub hands palm to palm with a circular action.



4. Rub both thumbs with a twisting



2. Rub backs of both hands and between fingers.



5. Link hands and rub backs of fingers in palms.



3. Rub hands palm to palm and between fingers.



6. Rub both palms with finger tips.

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