Wet hands with warm water
Soap hands to cover all surfaces
Wash hands thoroughly
Rinse hands until all soap has gone
Dry hands properly on a paper towel

Stop germs spreading
The power is in your hands

Wash your hands!
12 steps

1. Wet hands with warm running water.

4. Rub back of each hand with the palm of the other hand with fingers interlaced.

7. Rub each thumb clasped in opposite hand using rotational movement.

10. Rinse hands with water until all soap has gone - remember to turn off the water!
Steps to effective hand washing

2. Apply enough soap to cover all hand surfaces.

5. Rub palm to palm with fingers interlaced.

8. Rub tips of fingers in opposite palm in a circular motion.

11. Dry thoroughly with a paper towel, clean towel or hand dryer.
washing

3 Rub hands palm to palm.

6 Rub with backs of fingers to opposing palms with fingers interlocked.

9 Rub each wrist with opposite hand.

12 Your hands are now clean.
Washing your hands throughout the day will stop germs spreading and help to prevent infections.

Soap and water are necessary to keep hands clean and remove all germs.

Wash your hands after using the toilet, before eating or touching food, after playing with pets or whenever they feel dirty.

Remember to carry tissues, cover your coughs and sneezes, throw used tissues in a bin and always wash your hands afterwards.

Don’t forget to dry your hands properly with a paper towel, clean towel or hand dryer as germs will multiply on damp hands.

Stop germs spreading
The power is in your hands
Remember...

Always carry tissues

Coughs & sneezes spread diseases

Cover your coughs and sneezes

Stop germs spreading

Throw used tissues in a bin

Wash your hands

Remember the 12 steps to clean hands.
Have you washed your germs away?

For more health information contact:

NHS Direct
Tel: 0845 4647
www.nhsdirect.nhs.uk

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