

Hand Washing 101

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and flu.

STEP 1- Wet your hands with water (warm or cold).

STEP 2- Apply enough soap to cover all over your hands.

STEP 3- Rub hands palm to palm.

STEP 4 - Rub the back of your left hand with your right palm with interlaced fingers. Repeat with the other hand.

STEP 5 - Rub your palms together with fingers interlaced.

STEP 6 - Rub the backs of your fingers against your palms with fingers interlocked.

STEP 7 - Clasp your left thumb with your right hand and rub in rotation. Repeat with your left hand and right thumb.

STEP 8 - Rub the tips of your fingers in the other palm in a circular motion, going backwards and forwards. Repeat with the other hand.

STEP 9 - Rinse hands with water (warm or cold).

STEP 10 - Dry thoroughly, ideally with a disposable towel.

STEP 11 - Use the disposable towel to turn off the tap.



How to Use Hand Sanitizer

Apply the gel product to the palm of one hand (read the label to learn the correct amount) and rub your hands together. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



When to Wash?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage.

SOURCES

<https://www.cdc.gov/features/handwashing/index.html>

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>