

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.



2. Rub backs of both hands and between fingers.



3. Rub hands palm to palm and between fingers.



4. Rub both thumbs with a twisting action.



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



6. Rub both palms with finger tips.