

Hand Hygiene

Top Tips for When & How to Wash Your Hands



After using the toilet, touching bathroom surfaces or changing a nappy



Before and after entering public or communal places such as supermarkets and medical practices



Before and after handling raw foods such as meat and vegetables or eating your food



Before and after treating a cut or wound on yourself and other people



After blowing your nose, sneezing or coughing

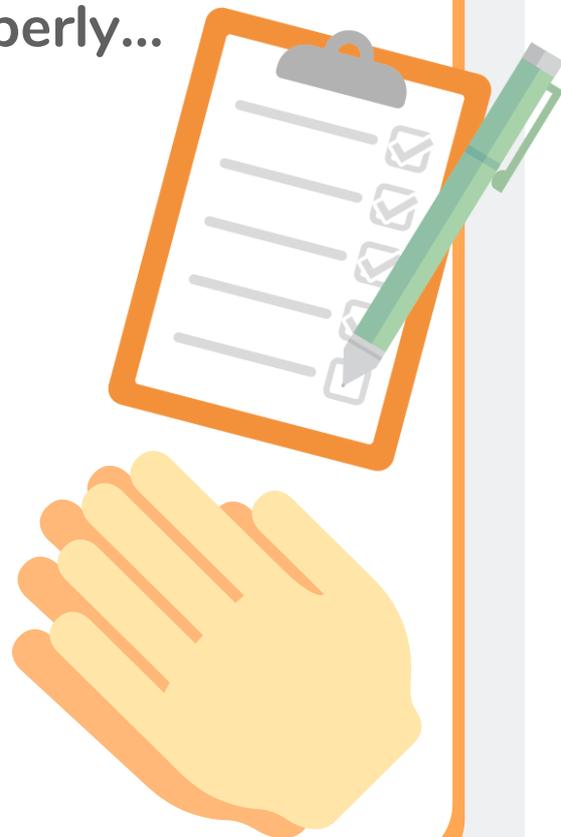


After touching animals including pets, their food and after cleaning their toys

Steps to wash your hands properly...

1. Wet hands with water
2. Apply enough soap to cover your hands
3. Rub hands palm to palm
4. Rub the back of hands
5. Clean in-between fingers
6. Rub back of fingers against palms
7. Rub each thumb with the opposite hand
8. Rub tips of fingers on opposite palm
9. Rinse hands with water
10. Dry with a single-use towel
11. Use towel to turn tap off

... and, your hands are safe!



References:

WHO.INT
NHS.CO.UK

01902 371 000 www.paycare.org

Paycare is a not for profit company limited by guarantee. Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and Prudential Regulation Authority. Company Registration Number 820791

Paycare

Everyday Health Cover since 1874