



# How do I wash my hands properly?

## INFORMATION LEAFLET

HEALTH PROTECTION

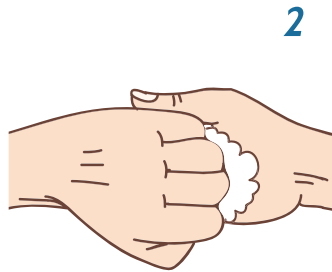
It takes at least fifteen seconds to wash your hands properly – this is about how long it takes to sing 'Happy Birthday to You' twice through!

Encourage children to wash their hands by showing them how to do it, and by setting them a good example yourself.

### Use liquid soap



Palm to palm



Backs of fingers to opposing palms with fingers interlocked



Palm to palm, fingers interlaced



Rotational rubbing of right thumb clasped in left palm and vice versa



Right palm over back of left hand and left palm over back of right hand



Rotational rubbing, backwards and forwards, with clasped fingers of right hand in left palm and vice versa

### Rinse and dry your hands thoroughly