

Hand Washing Advice

Hand washing is the most important and possibly most effective way of protecting against the spread of infection including swine flu.

Hands should always be washed at any time when they may be exposed to germs, including after coughing or sneezing into the hands, visiting the toilet, before handling or eating food, after cleaning and after contact with animals.



(1) Palm to palm



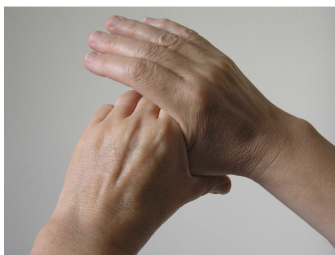
(2) Right palm over left dorsum then left palm over right dorsum



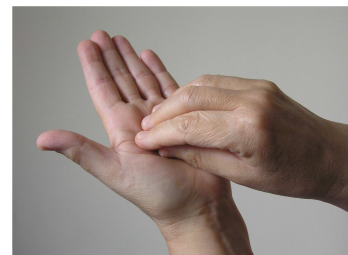
(3) Palm to palm fingers interlaced



(4) Backs of fingers to opposing palms with fingers interlocked



(5) Rotational rubbing of right thumb clasped in left palm & vice versa



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

- ⇒ Hands should be washed under running water which is at a comfortably warm temperature.
- ⇒ Remove any jewellery and wristwatches. Wet both hands thoroughly then apply soap (preferably liquid soap) and rub hands together to create a soapy lather.
- ⇒ Rub the hands briskly covering all areas. Continue to wash hands as shown in the photographs above for at least of 30 seconds. A nailbrush should be used only if nails are dirty – it should not be used on the skin.
- ⇒ Rinse the hands thoroughly under the warm water and there should be no visible soap remaining.
- ⇒ Use a clean towel or disposable paper towels to pat the hands dry (if you use hand towels these should be washed regularly at the manufacturer's recommended highest temperature).



Back (dorsum)



Front (palm)

The blue colours show areas of hands frequently missed during washing.

Hand washing with soap and warm water should remove most germs from the hands before they can be transferred to another person or object