

Keep Healthy.....Wash Your Hands

Information for service users

1.

Wash your hands with warm water



2.

Use the liquid soap by the sink



3.

Wash all parts of your hands



Count to 20

4.

Rinse all the soap from your hands



5.

Dry your hands all over with paper towels



6.

Use some moisturiser if your hands are dry



Why should I wash my hands?

Washing your hands is the best thing you can do to keep you healthy and well.

It is germs that can make you ill.

You cannot see germs but they get on your hands when you go to the toilet or when you sneeze.

Washing your hands helps to get rid of germs.

When do I need to wash my hands?

Wash your hands **before**.....

- Touching or eating food

Wash your hands **after**.....

- Going to the toilet
- Coughing, sneezing or blowing your nose

Remember.....Its OK to ask staff if they have washed their hands!