

An easy read guide to washing your hands

Why should I wash my hands?



Washing your hands can help to stop germs spreading.

Even if your hands look clean they can carry germs. Washing your hands often is very important.

When should I wash my hands?



You should wash your hands often. It is even more important to wash them:



Before leaving home and when you get back home.



After using the toilet.



After coughing or sneezing.



Before and after eating.



If they look dirty.

How should I wash my hands?



You should wash your hands with handwash and warm water.



Wet your hands and rub the soap all over them.



Rub them together for 20 seconds until they are soapy – try singing 'Happy Birthday' twice!



Rinse them well with warm water.



You should dry your hands using paper towels. Use the towel to turn off the tap and throw it in the bin afterwards.

What should I do if I'm not near a place where I can wash my hands?



If you cannot get to a place with running water, you can use hand gel.

Hand gel is a liquid that kills germs but does not need to be washed away like soap.

To use hand gel, squirt it into your hand and rub them together for 20 seconds.



If you need help or you are not sure what to do, ask your support team.