

Everyone can play a part in reducing the spread of infections



Hand washing is the simplest and most effective way of controlling the spread of germs, including diarrhoea bugs, colds, the flu virus and so-called 'superbugs' such as MRSA and Clostridium Difficile.

EFFECTIVE HAND WASHING

- **WET:** Its better to wet hands before applying soap as this prevents irritation
- **SOAP:** Apply soap to wet hands
- **WASH:** Rub hands together vigorously making sure both sides of the hands are washed thoroughly, around the thumbs, between each finger and around and under the nails (using the six stage guide illustrated here)
- **RINSE:** Rinse with clean running water
- **DRY:** Germs spread more easily if hands are wet so dry them thoroughly.

Six step technique demonstrating effective hand washing



1 Rub palms together



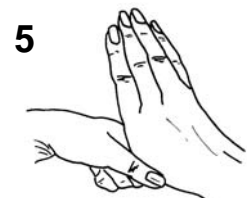
2 Rub each palm over the back of the other hand



3 Rub with fingers interlaced



4 Rub with fingers interlocked



5 Rotational rubbing of each thumb



6 Rotational rubbing with clasped fingers