



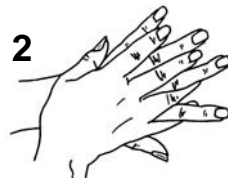
Everyone can play a part in reducing the spread of infections.

Use soap and warm running water and wash your hands thoroughly using the 6-step hand washing technique shown, then dry thoroughly.

Six step technique demonstrating effective hand washing



1 Rub palms together



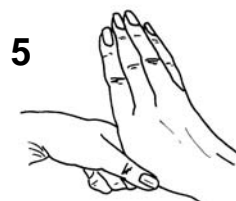
2 Rub each palm over the back of the other hand



3 Rub with fingers interlaced



4 Rub with fingers interlocked



5 Rotational rubbing of each thumb



6 Rotational rubbing with clasped fingers

For advice about infection control in this area, contact any of the PCT's Infection Control Nurses:

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