



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

Bacteria on a hand after using the toilet and before washing hands

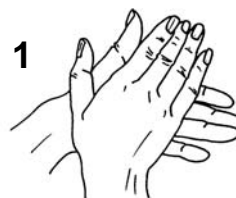


Copyright Public Health Laboratory Service and Food and Drink Federation  
Tel: 020 7836 2460 Fax: 020 7379 0431 Email: [foodlink@fdf.org.uk](mailto:foodlink@fdf.org.uk) Web: [www.foodlink.org.uk](http://www.foodlink.org.uk)

Simply rinsing fingertips under the water does not get rid of the bugs which can make people ill.

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

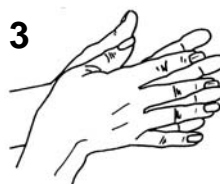
## Six step technique demonstrating effective hand washing



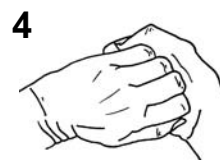
Rub palms together



Rub each palm over the back of the other hand



Rub with fingers interlaced



Rub with fingers interlocked



Rotational rubbing of each thumb



Rotational rubbing with clasped fingers