How do I wash my hands properly?

It takes at least fifteen seconds to wash your hands properly – this is about how long it takes to sing ‘Happy Birthday to You’ twice through!

Encourage children to wash their hands by showing them how to do it, and by setting them a good example yourself.

**Use liquid soap**

1. **Palm to palm**
2. **Backs of fingers to opposing palms with fingers interlocked**
3. **Palm to palm, fingers interlaced**
4. **Rotational rubbing of right thumb clasped in left palm and vice versa**
5. **Right palm over back of left hand and left palm over back of right hand**
6. **Rotational rubbing, backwards and forwards, with clasped fingers of right hand in left palm and vice versa**

**Rinse and dry your hands thoroughly**