

Avista

Hand Hygiene



Washing your hands is important.



It stops you spreading germs and stops you getting sick.



Wet your hands with warm water.



Put some soap on your hands.



Rub your hands together until the soap forms a lather.



Rub all over the backs of your hands.



Rub in between your fingers.



Rub around and under your fingernails.



Rinse your hands well under running water.



Dry your hands using a hand dryer or paper towels or your own towel.