

Hand Washing

Information for patients



Easy Read

easy read



handwashing



stop infection



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

Why do we need to wash our hands

Good handwashing is important.

It can stop infection spreading.

wet hands



soap

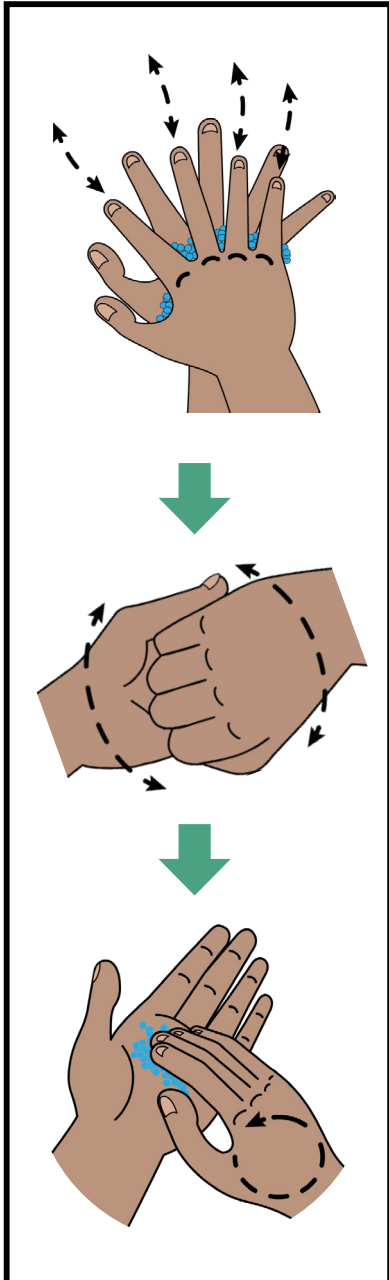


rub soap



How to wash your hands

1. Wet your hands with warm water from a tap.
2. Put some soap on your hands.
3. Rub the soap all over your hands.

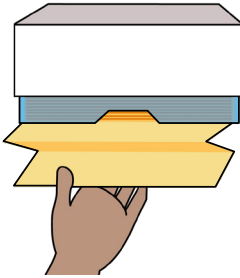


Dont forget your fingertips, thumbs and between your fingers.

wash soap off



dry hands



**wet wipes or
alcohol gel**



4. Wash all the soap off.

5. Dry your hands.

You can use wet wipes or alcohol gel if you can not get to a sink.

using toilet



before food



dirty hands



When to wash your hands

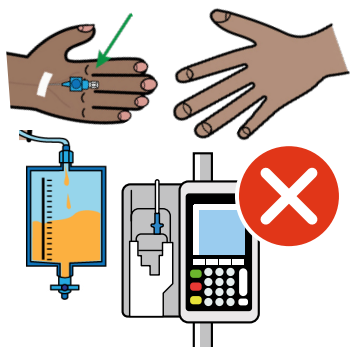
- After going to the toilet.
- Before eating or touching food.
- If your hands are dirty.

wash hands in hospital



When in hospital, please wash your hands more often.

do not touch



Do not touch medical equipment or devices.

ask



If you need any help
- ask the staff supporting you,



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