

# Healthy Handwashing Habits

Good handwashing and drying is the most effective way to reduce the risk of cross infection in Child Care and at home. Have fun, too!

## STEP 1

Get both hands wet with running water.



## STEP 2

Spread both hands with liquid soap. If skin is sensitive, use sorbolene cream.



## STEP 3

Follow these handwashing steps for 15 seconds.

5. RUB EACH THUMB WITH THE PALM OF A HAND



## START HERE

1. RUB SOAP PALM TO PALM

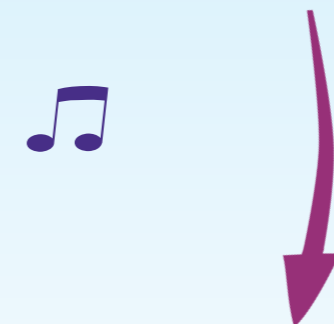
Why not sing a song so you'll wash long enough to get rid of germs?

(To the tune of Row, Row, Row Your Boat)

**Wash, wash, wash my hands.  
Wash them after play.  
Round and round. Up and down.  
Wash the germs away.  
Wash, wash, wash my hands.  
Wash before I eat.  
If I sneeze and after the 'loo.  
Then dry them nice and neat!**



2. RUB THE BACK OF EACH HAND WITH THE OTHER PALM



3. LACE FINGERS TOGETHER PALM TO PALM



## STEP 4

Rinse hands under running water.

## STEP 5

Turn off the taps with a paper towel. Toss it in the bin.

## STEP 6

Dry hands well with a fresh towel then throw it in the bin.



Children's Services Central