



Our Hand Washing Rules



Avoiding Lurgee

by washing your hands



1. Get your hands wet with warm water



2. Put 1 pump of soap in your hands

3. Rub your hands together, then the backs of your hands



4. Rub between your fingers and clean your thumbs

5. Rinse your hands with warm water



6. Dry your hands with a clean towel



**Get your hands wet
with warm water**



**Put 1 pump of soap
in your hands**



**Rub your hands
together, then the
backs of your
hands**



**Rub between your
fingers and clean
your thumbs**



**Rinse your hands
with warm water**



**Dry your hands
with a clean towel**